Central Park
Baptist Church
Cook Book

1926

Published by
The Brides Circle

CENTRAL PARK BAPTIST CHURCH COOK BOOK

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BEVERAGES

HOW TO MAKE GOOD COFFEE.—For five persons, use one-half cupful or a trifle more of ground coffee; stir into it one-half the white of an egg and a little cold water. Into this pour five cups boiling water, let is slowly come to a boil, and then, with a granite spoon, stir it up and set it back on range to settle. In ten minutes it's clear and delicious.

PLAIN HOT CHOCOLATE.—For six people, use one quart milk, two ounces chocolate, one tablespoonful cornstarch, three tablespoonfuls sugar; two tablespoons hot water. Cut chocolate in fine bits, add sugar, cornstarch and water; cook stirring constantly until mixture is smooth; add this to hot milk, bring to boiling point, serve with a marshmallow on each cup.

ICED TEA.—To six teaspoonfuls of Tetley's tea leaves pour six cups boiling water; let stand three minutes, strain and set pitcher in cold water to cool, serve in an hour with cracked ice, a slice of lemon, a sprig of mint and three teaspoonfuls sugar to a glass. To save add one cupful to tea while hot.

CHERRY NECTAR.—Take two quarts cherries, stone, boil for one-half hour in a quart of water. Strain, boil the juice with one pound of sugar to each pint of juice for ten minutes. Serve ice cold.

COFFEE.—Allow one tablespoon of coffee for each person to be served and one for the pot. Moisten with the white of an egg and sufficient water to make a thick paste. Add as many cups of boiling water as spoonfuls of coffee used. Boil three minutes. Pour a little to free the spout of grounds and return it to the pot. Let stand on the stove where it will keep hot, but not boil, ten minutes before serving. For after-dinner coffee, use more coffee to the same amount of liquid.

COCOA.—One and one-half tablespoons cocoa; two tablespoons sugar; two cups milk; two cups boiling water. Add sugar and a few grains of salt to cocoa, mix with one-half cup boiling water and stir to a smooth paste; add the remaining water and boil one minute. Add scalding milk and beat with an egg-beater to prevent scum forming.

TEA.—Two cups boiling water; three teaspoons tea. Scald an earthen or china teapot and dry it. Put in tea and pour over it the boiling water. Let stand in a warm place five minutes before serving.

TO MAKE CHOCOLATE FOR AN AFTERNOON "AT HOME."—Provide one pound Baker's chocolate for every twenty guests. Cut each pound into small pieces and add a pint of boiling water and one pound of brown sugar. Boil together until a thick syrup is formed which is smooth and creamy, stirring often. Allow one quart of milk to every quart of chocolate syrup if a rich beverage is desired. Heat milk and add gradually to syrup until it is sufficiently thinned to pour well. Remove from fire, add vanilla if desired, and beat with an egg beater. Note: Chocolate may be kept hot as long as desired by placing in oven over lowest flame.

GRAPE JUICE.—Select grapes which are not overripe. Add one-half pint water to three quarts of fruit and boil, stirring occasionally until fruit is soft. Pour into a cheesecloth and drain over night. Add three-quarters pound of sugar to one quart of juice and bring it to a boiling point. Boil a few minutes and skim thoroughly. Bottle and then seal with melted Parowax. Keep in a cool, dark place.

PUNCH.—Six oranges; eight lemons; two cups sugar; three cups water; two cups strong tea; one can pineapple; one pint bottle cherries; one quart ginger ale. Boil water and sugar to a thin syrup, about ten or fifteen minutes; add tea and fruits; add ginger ale when ready to serve.

RASPBERRY SHRUB.—Cover four quarts berries with vinegar and let stand twenty-four hours. Drain off liquid, squeeze out juice and measure the whole. Add an equal measure of sugar. Put in kettle and boil twenty minutes. Bottle, seal with Parowax and keep in a cool, dark place.

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BREAD AND MUFFINS

BEATEN BISQUITS

Of course I'll gladly give de rule I meks beat bisquits by;
Dough I ain't sure dat you will mek dat bread de same as I.
Case cooking's like religion is—some is 'elected and some ain't.
An' rules don't no more mek a cook den sermons mek a Saint.
Well, bout the grediences required, I needn't mention dem.
Of course you knows of flour and things—how much to put and when.
But soon as you is got dat dough mixed all up smoove an' neat,
Den's when you gwine to show to get de bisquits beat.
Two hundred licks is what I gives for home folks, never fewer.
And if I'm 'speckin' company in I give five hundred sure!

PLAIN MUFFINS.—Two tablespoonfuls shortening; two tablespoonfuls sugar; one egg; one-half teaspoonful salt; one cupful milk; two cupfuls flour; three teaspoonfuls Royal Baking Powder.

Measure the shortening into a granite bowl or large saucepan, and if a hard shortening is used, melt it. Stir in the sugar and egg, then add the milk and the flour, Royal Baking Powder and salt mixed. Beat to make a smooth batter and transfer to oiled muffin pans and bake from twenty-five to thirty minutes.

A MUFFIN SURPRISE.—Put a tablespoon of muffin batter into a tin. Place a stoned date, a piece of pineapple, a stewed apricot, or a bit of red jelly in center, Cover with another tablespoon of batter and bake. What a surprise when the plain muffin is opened!

GINGERBREAD.—One cup Sun-Maid Seeded Raisins; one cup brown sugar; one-half cup shortening; three cups flour; one teaspoon ginger(or to taste); one cup baking molasses; one cup boiling water; one teaspoon cinnamon; one teaspoon baking soda. Put sugar, molasses and shortening into bowl, mix well, add water and baking soda, which has been dissolved in a little hot water; add ginger and cinnamon. Sift flour, add and beat well; last, add the well washed and dried raisins. Bake in Turk's head or brick pan, which has been lined with paper in moderate oven 40 minutes.

ROLLS.—One quart of flour; one heaping teaspoonful of sugar; one teaspoonful salt and one of lard. Take lard, sugar, and salt and pour over them one cup boiling water. Let cook, take two tablespoonfuls of this liquid and pour over one yeast cake; after this is dissolved put all in bowl of liquid. Pour all into your sifted flour and mix thoroughly. Put aside in warm place to rise and in two or three hours they will be ready to bake.

BROWN BREAD.—Two cups Graham flour; two cups corn meal; one cup black molasses; one-half cup brown sugar; two cups buttermilk; two teaspoons (rounding) soda; one teaspoon salt. Fill pans half full. Steam three hours.

EGG TOAST.—Place pint of milk in pan with butter size of an egg; season with salt and pepper; beat four eggs; add to milk and stir constantly until it thickens. Remove from fire as soon as it thickens or eggs will separate from milk. Serve on toast. This is very delicate and nourishing for sick people.

SCOTCH COOKIES.—Two eggs; three tablespoons of butter; four tablespoons of flour; one cup brown sugar; two cups rolled oats; one teaspoon salt; one teaspon vanilla. Method: Beat eggs and add all other ingredients. Drop on a greased pan, do not put too close together, cook as you would a tea cake in moderate oven about seven and one-half minutes.

BEATEN BISCUIT.—One quart of flour sifted; four tablespoonfuls lard; one cup sweetmilk and water, mixed (ice cold); one teaspoonful salt. Method: Mix as you would pastry, having dough very stiff. Knead smooth, then roll in biscuit machine 20 or 30 minutes till it can be handled without any flour. Roll one-fourth inch thick, cut and stick with fork. Bake in moderate oven 20 to 30 minutes.

RECIPE FOR SPOON CORN BREAD.—One cup sweet milk; two cups boiling water; two cups corn meal; one teaspoon cooking oil; three eggs; one teaspoon sugar; one teaspoon salt; three teaspoons Royal Baking Powder. Beat eggs until light, add milk, salt, sugar, then meal, mix smooth; add boiling water gradually beating out all lumps. Add Royal Baking Powder, pour into greased pan and bake thirty minutes or until done. Test by inserting a knife blade in center. If sticky bake a little longer. For six persons.

GINGER BREAD.—One-half cup crisco; one-half cup sugar; one-half cup dark molasses; two eggs. Beat hard five minutes. Sift two cups flour with one level teaspoon ginger; one-half teaspoon cinnamon; one-fourth teaspoon cloves; one-half teaspoon salt. Add to batter and mix one heaping teaspoon soda in. Dissolve one and one-half cups boiling water or coffee. Add to mixture and beat well. Bake about forty minutes in good steady oven.

OLD FASHION SALT RISING BREAD.—Heat one cup of sweet milk to boiling point, pour up and sprinkle in slowly corn meal to a medium thick batter. Beat smooth and well—set aside over night. Next morning if risen, take four cups of hot water; add tablespoon of sugar; one tablespoon salt; beat in flour to a thick batter. Before putting in all flour, add level teaspoon soda. Beat well, and beat in bowl of yeast last. Set to rise in vessel of hot water. When risen add flour sifted with salt, and lard. You can rinse out vessel with little warm water if dough is too stiff. Knead well, fill greased pan half full, set to rise in warm place. Grease loaves on top. Bake (slowly) when risen; use one quart of flour for first mixture; two quarts for second.

BOSTON BROWN BREAD.—One cup molasses; one cup buttermilk; one cup sweet milk; one cup white flour; one cup Graham flour; one cup corn meal; one teaspoon salt; one teaspoon soda. Thoroughly mix all and put in one-half pound Royal Baking Powder cans and steam three hours, then bake in oven one-half hour. Turn over on end and let remain a few minutes, then remove. Raisins may be added.

LUNCH ROLLS.—One cake Fleischmann yeast; one and one-fourth cups sweet milk scalded and cooled; one tablespoon sugar; four cups flour; two level tablespoons lard or Crisco; one teaspoon salt. Dissolve yeast and sugar in luke warm milk, add lard and two cups of flour, beat well. When all the flour is added or enough to make a dough, put on board and knead lightly, and put to rise, let stand about two hours and then knead again and make into rolls and let rise about one hour, and bake in oven about as hot as for biscuit.

LIGHT BREAD.—Scald one pint sweet milk; add one light tablespoon of lard; one-half cup sugar; one level tablespoon of salt; pour into this one pint cold water; add flour enough to make a smooth batter, consistency of cake batter, and last stir in one-half cake Fleischmann's yeast, dissolved in one-half cup milk warm water; let rise over night in warm place in winter, or cool place in summer; in the morning add flour enough to make a soft dough (three quarts to one gallon) let rise until about one-half again its size; bake in a slow oven. If preferred bread may be started in the morning and have rolls for six o'clock supper.

BUTTERMILK BISCUIT.—Two cups flour; one cup buttermilk; three tablespoons shortening; one teaspoon salt; one-half teaspoon soda. Sift salt and soda with flour into a bowl; mix lard into flour with tips of fingers or spoon. Mix into dough with the buttermilk, using a spoon for mixing. Sprinkle board with flour, turn dough onto the board. Knead with hands until smooth enough to roll or pat out to one-fourth inch thick, cut with cutter; bake in hot oven about ten minutes or until done. Flours vary, some taking more or less liquid, so be careful for a time or two to see just how to handle. If you wish two level teaspoons of Royal Baking Powder may be added to flour before mixing. This gives a lighter biscuit, which some prefer.

SWEET FRENCH BUNS.—One cake Fleischmann's Yeast; one cup milk, scalded and cooled ;one-fourth cup lukewarm water; one tablespoon sugar; four cups sifted flour; one-fourth cup sugar; three tablespoonfuls butter; one egg; one-half teaspoonful lemon extract; one teaspoonful salt. Dissolve yeast and one tablespoon sugar in the lukewarm liquid. Add enough flour to make an ordinary sponge—about one and one-half cups. Beat until perfectly smooth. Cover and set aside in a warm place to rise for fifty minutes, or until light.

Add sugar and butter creamed, egg beaten, lemon extract and about two and one-half cups of flour, or enough to make a moderately soft dough, and the salt with the last of the flour.

Knead until smooth and elastic. Place in greased bowl, cover and set aside in a warm place to rise double in bulk—about one hour. Turn out on board and shape as cloverleaf rolls, or any fancy twist. Let rise until light, about one hour. Bake in hot oven fifteen minutes.

HOT CROSS BUNS.—One cake Fleischmann's Yeast; one cup milk, scalded and cooled; one tablespoonful sugar; three and one-fourth cups sifted flour; one-fourth cup butter; one-third cup sugar; one egg; one-fourth cup raisins or currants; one-fourth teaspoonful salt. Dissolve yeast and one tabespoonful sugar in lukewarm milk. Add one and one-half cups flour, to make sponge. Beat until smooth, cover, let rise until light, in warm place, free from draft—about one hour. Add butter and sugar creamed, egg well beaten, raisins or currants, which have been floured, rest of flour, or enough to make a moderately soft dough, and salt. Turn on board, knead lightly, place in greased bowl.

Cover and set aside in warm place, until double in bulk, which should be in about two hours. Shape with hand into medium-sized round buns, place in well-greased shallow pans about two inches apart. Cover and let rise again—about one hour, or until light.

Glaze with egg diluted with water. With sharp knife cut a cross on top of each. Bake twenty minutes. Just before removing from oven, brush with sugar moistened with water. While hot, fill cross with plain frosting.

POP-OVERS—Seven-eighths cup of milk; one cup of flour; two eggs; one-half teaspoon salt; one-half teaspoon melted butter. Method: beat eggs light, add half of milk, fill pop-over irons or muffin tins half full; bake in slow oven for 30 minutes, then bake in hot oven for ten minutes more until pop-overs are puffed and crisp. All depends on the baking. If at first you don't succeed, try again. It is easy after you once know just how to bake. The batter is very thin and there is no baking powder used.

TEA BISCUIT.—One cake Fleischmann's Yeast; one-half cup milk, scalded and cooled; one-half cup lukewarm water; one tablespoonful sugar; three and one-half cups sifted flour; one scant teaspoonful salt; two tablespoonfuls lard or butter, melted. Dissolve the yeast and sugar in lukewarm liquid. Add lard or butter and half the flour. Beat until smooth. Add salt and then the rest of flour, or enough to make a moderately firm dough. Knead thoroughly. Roll out and cut with a biscuit cutter. Place in well-greased, shallow pans, slight distance apart. Cover and set to rise about two hours or until double in bulk. When light, bake in a hot oven ten minutes. These biscuits are delicious and wholsesome hot, and very palatable cold.

PARKER HOUSE ROLLS.—One cake Fleischmann's yeast, one pint milk, scalded and cooled; two tablespoons sugar; four tablespoons lard or butter, melted; three pints sifted flour; one teaspoonful salt. Dissolve yeast and sugar in lukewarm milk, add lard or buttermilk and one and one-half pints of flour. Beat until perfectly smooth. Cover and let rise in a warm place for about one and one-half hours, on until double in bulk. Roll out one-fourth inch thick. Brush over lightly with melted butter, cut with two-inch biscuit cutter, crease through center heavily with dull edge of knife, and fold over in pocket-book shape. Place in well-greased, shallow pans one inch apart. Cover and let rise until light—about three-quarters of an inch. Bake ten minutes in hot oven.

NUT BREAD.—One cup sugar; one egg; one cup sweet milk; one teaspoon salt; three cups flour; three teaspoons Royal Baking Powder; one cup chopped nuts. Mix as for cake stirring in nuts last.

NUT BREAD.—Four cups sifted bread flour; one cup chopped nut meats; one-fourth cup sugar; four teaspoons Royal Baking Powder; two teaspoons salt; two cups sweet milk; two eggs; three tablespoons oil or melted lard. Method: Mix all dry ingredients together. Beat eggs together light and mix with milk, pour into the flour and beat smooth. Put into greased pans, let stand twenty minutes, bake in moderate oven forty-five minutes or until done.

PARTY BISCUITS—Three cups flour; one teaspoon salt; five teaspoons Royal Baking Powder; four tablespoons of shortening; three-fourth cup sweet milk; one egg. Method: Sift salt and powder with flour, mix in the shortening, break egg into milk and beat together. Mix with flour making a rather stiff, firm dough. Roll out to one-fourth inch thick. Cut with medium size biscuit cutter; butter lightly one-half of biscuit, turn over like Parker House rolls, bake in hot oven; butter by putting a portion of butter under each top, serve hot. These are nice to take the place of hot rolls. Use more or less flour as needed, as all flour does not take the same liquid for mixing.

LADY FINGERS.—Whites of three eggs; yolks of two eggs; one-half cup powdered sugar; one-half teaspoon vanilla; pinch of salt. Method: Beat whites stiff and dry, add sugar gradually and continue beating until sugar is dissolved. Beat yolks until light in color and weight, add to the whites and sugar, sift salt with flour, and fold into eggs. If molds are not used put on buttered paper on baking sheet through a pastry bag and tube. Sprinkle with 4X sugar, bake in moderate oven about 8 or 10 minutes. Make the fingers about four inches long, one inch wide. Do not put too close as they spread in cooking. Remove from paper with a knife.

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GRIDDLE CAKES AND WAFFLES

ROYAL HOT GRIDDLE CAKES.—One and three-fourths cups flour; one-half teaspoon salt; three teaspoons Royal Baking Powder; two eggs; one and one-half cups milk; one teaspoon shortening. Mix and sift dry ingredients; add beaten eggs, milk and melted shortening; mix well. Bake immediately on hot griddle. Serve with butter and maple syrup.

FRENCH PANCAKES—One cup flour; two teaspoonfuls Royal Baking Powder; one-half teaspoon salt; two eggs; one tablespoon sugar; two cups milk; one-half cup cream; jam; powdered sugar. Sift together flour, Royal Baking Powder and salt. Add eggs which have been beaten with the sugar and to which milk and cream have been added. Batter should be very thin. Heat pan in which a little butter has been melted. Pour in just sufficient batter to cover bottom of pan. Cook over hot fire. Turn and brown other side. Spread with jam or preserves and roll up. Sprinkle with a little powdered sugar and serve hot.

HARDING WAFFLES.—Two eggs; two tablespoons sugar; one teaspoon salt; two tablespoons butter; one pint milk; one pint flour; two heaping teaspoons Royal Baking Powder. Beat the yolks of eggs and sugar together, add salt, melted butter, milk and flour. Beat the white of eggs and add with baking powder the last thing before baking.

QUAKER OATS PANCAKES.—Two cups Quaker oats (uncooked), one and one-half cups flour; one teaspoon salt; one teaspoon soda, dissolved in two tablespoons hot water; one teaspoon Royal Baking Powder (mix in the flour), two and one-half cups sour milk or buttermilk; two eggs beaten lightly; one tablespoon sugar; one or two tablespoons melted butter (according to richness of milk.) Process: soak Quaker oats over night in milk. In the morning mix and sift flour, soda, sugar and salt—add this to Quaker Oats mixture—add melted butter; add eggs beaten lightly—beat thoroughly and cook as griddle cakes.

WAFFLES.—Two cups of flour; four teaspoons Royal Baking Powder; three-fourths teaspoon salt; one and three-fourths cup milk; two eggs; one tablespoon melted shortening. Sift flour, baking powder and salt together, add milk to yolk of eggs; mix thoroughly and add to dry ingredients; add melted shortening and mix in beaten white of eggs. Bake in well greased, hot waffle iron until brown. Serve hot with maple syrup. It should take about one minute to bake each waffle.

BUCKWHEAT CAKES.—Two cups buckwheat flour; one cup flour; six teaspoons Royal Baking Powder; one and one-half cups milk and water; one tablespoon molasses; one tablespoon shortening. Sift together flour, Royal Baking Powder and salt; add liquid, molasses and melted shortening; beat three minutes. Bake on hot greased griddle.

RICE GRIDDLE CAKES.—One cup boiled rice; one cup milk; two teaspoons shortening; one teaspoon salt; one egg; one cup flour; two teaspoons Royal Baking Powder. Mix rice, milk, shortening, salt and well beaten egg; stir in flour and baking powder which have been sifted together; mix well. Bake in hot greased griddle.

NEW WAY TO SERVE PANCAKES.—With a thinner pancake batter make large sized pancakes—large as the pan will hold. Then place four together with butter and syrup or jelly between each cake, and cut in pie shaped pieces for serving—making four servings from each plate.

RICE WAFFLES.—Two eggs well beaten; one and one-half pints flour; one-half pint of cold rice; butter or lard size of an egg; one teaspoonful salt; one-half teaspoonful soda; one cupful sour milk, or use cup sweet milk with two teaspoonfuls Royal Baking Powder.. Do not have batter too thick.

YEAST WAFFLES.—One cake Fleischmann's yeast; two cups milk, scalded and cooled; one tablespoon sugar; one-tablespoon lard or butter, melted; two and one-half cups sifted flour; one teaspoonful salt; two eggs. Dissolve yeast and sugar in lukewarm milk. Add lard or butter, flour, salt and eggs well beaten. Beat thoroughly until batter is smooth. Cover and set aside to rise in a warm place, free from draft, for about one hour. When light, stir well. Have waffle irons hot and well greased. Fill the cool side. Brown one side, turn the iron and brown on the other side. If batter is too thick, the waffles will be tough. If wanted for over night, use one-fourth cake of yeast and extra half teaspoonful salt. Cover and keep in a cool place.

AUNT MALINDY'S GRIDDLE CAKES.—Take as much flour as you need and put a little meal in it; then some soda and Royal Baking Powder and an egg, a little speck of melted lard. Put in as much buttermilk as you want to make just the right batter, some salt to taste and be sure and have the griddle hot. I've made a million of dem batter cakes.

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SOUPS

Soups are as important as a first impression. It is the prologue to the dinner, creating the atmosphere of the food to come, and if it is a good soup, provides a cordial reception for the rest of the meal. There are two classes of soups, those made with a stock of some kind of meat, fish or vegetable and the cream soups.

GENERAL DIRECTIONS

In making soups of meats, use cold water to draw out the juices; cutting meat into small pieces will greatly aid in extracting juices. Heat slowly and remove carefully the scum as it rises. Simmer slowly three or four hours and when nearly done, add seasoning. Soups—consommes, purees, chowders, in fact the whole family of soups, are bettered by close association with Oysterettes. They're always just right, and when heated before serving, are preferable to croutons' besides being lots less work.

CREAM OF PEA, CELERY, SPINACH, OR GREEN LIMA BEAN SOUP.—Two cups of the canned vegetables put through the food chopper or two cups ground celery stalks and tender tips; one and one-half pints of milk; one cup water; one tablespoon ground onion; one sprig parsley, ground optionally; one and one-half teaspoons salt; one-fourth teaspoon pepper; one-half tearine or vegetable fat. Combine the ground vegetables with water and simmer for twenty minutes; thirty in the case of celery. Replenish the water as it evaporates. Add the milk and seasonings and thicken with the fat and flour which have been creamed together, allowing the soup to boil for a moment or two.

CREAM OF CHICKEN OR VEAL SOUP.—One cupful ground chicken or veal; 1 pint chicken or veal stock, well seasoned; one pint milk; two tablespoonfuls flour; two tablespoonfuls butter or margarine; two tablespoonfuls pearl tapioca; salt, pepper and mace to taste. Cover the tapicoa with cold water and allow it to stand for at least two hours. Then combine the tapioca and stock, and cook until the tapioca is clear, add the minced meat and milk and thicken the mixture with the flour and butter creamed together. Let the mixture boil up, season it well and pour it into a beaten egg if desired. Return to the heat for a moment to cook the egg, stirring the soup constantly.

CREAM OF TOMATO SOUP.—Three potatoes; one pint milk; one tablespoon butter; one tablespoon chopped onion; one tablespoon salt; speck of white pepper; one tablespoon finely chopped parsley. Cook potatoes until soft; heat milk in double boiler with onion; drain and mash potatoes; add boiling milk and seasoning to mashed potatoes, rub all through strainer, and return to double boiler. Bind with butter and flour cooked together according to directions given under Cream of Celery Soup; let boil five minutes, add parsley and serve.

CLAM BISQUE.—Twenty-five large clams in shells (alive); 1 large cup milk or cream; two tablespoons butter; two tablespoons allspice; two tablespoons flour; yolk of one egg. Wash clams thoroughly; put in kettle with one pint boiling water and cook until shells open. Remove the clams and separate the dark part from the soft part and discard it. Chop clams finely and add them to the water in which they are cooked. Boil until thick and well cooked; then add allspice. Heat milk. When ready to serve, pour milk into clam broth; add the well-beaten egg yolk and a dash of red pepper, and strain.

CREAM OF TOMATO SOUP.—One-half can tomatoes; one small tablespoon sugar; one-fourth tablespoon soda; one-fourth cup butter; one quart milk; one slice onion; four tablespoons flour; one teaspoon salt; one-eighth teaspoon pepper. Scald milk with onion; remove onion and thicken with flour mixed with cold water until smooth enough to pour. Cook twenty minutes, stirring constantly at first. Cook tomatoes and sugar fifteen minutes; add soda and rub through a strainer. Combine mixture and strain into a heated dish over butter, salt and pepper. Use medium flame.

CREAM OF CELERY SOUP.—One and one-half pints milk; one quart celery cut in pieces; two tablespoons butter; one slice onion; one blade mace; one cup cream. Boil celery in a quart of water forty-five minutes. Boil mace, onions and milk together. Mash the celery in the water and add it to the boiling milk. Melt butter in a saucepan; add slowly until it thickens; cook three or four minutes, and add to boiling soup. This method of thickening soup with flour and butter cooked together is called binding it. Season with salt and pepper. Strain, and serve immediately, adding one cup of whipped cream after soup is in the tureen.

TOMATO SOUP WITHOUT STOCK.—One can tomatoes; one pint water; two teaspoons sugar; one bay leaf, four cloves, one-eighth teaspoon soda; two tablespoons butter; three tablespoons flour; one slice onion or a few drops onion seasoning;

salt and pepper. Cook tomatoes, water, sugar and seasoning twenty minutes; strain, add soda, butter and flour (cooked together) and strain again.

TO CLEAR SOUP.—Remove fat from stock and put amount to be cleared in a saucepan, allowing the white and shell of one egg to each quart. Mix egg and shell with the cool stock, adding more seasoning if needed; beat well and set on stove over a medium flame. Stir until hot, to keep eggs from settling. Let it boil two minutes; then lower the flame so that it will just simmer for ten minutes. Remove scum and strain through a double thickness of cheesecloth over a fine wire strainer.

BOUILLON.—Four pounds lean beef from the middle of the round; two quarts cold water; one-half cup each of carrot, turnip, onion and celery cut in dice; one tablespoon salt; four cloves. Wipe and cut meat and bone into small pieces; add the water and heat slowly; simmer five hours over a low flame; add seasoning and vegetables and boil one hour. Boil down to three pints; strain, remove fat and clear. Serve in cups.

PEA SOUP.—One cup dried split peas; three pints cold water; one-half teaspoon sugar; one tablespoon butter; one tablespoon flour; salt and pepper. Soak the peas over night. Drain, and put them on to boil in the cold water over a low flame, letting them simmer until they soften and dissolve. Add water as it boils away, to keep three pints of liquid in the kettle. Scrape from the sides of kettle when necessary. Rub through a strainer and put on to boil again. Bind with butter and flour according to directions under Cream of Celery Soup. Add salt and pepper; let it simmer ten minutes over a low flame and serve.

CHICKEN SOUP.—Six cups of the stock in which a fowl has been boiled; one-half carrot cut in dice; one sliced onion; two stalks celery cut fine; one-half bay leaf; one-fourth teaspoon peppercorns; one-third cup hot boiled rice; salt.

BRUNSWICK STEW.—Take equal part of pork and beef, cook until tender; grind through meat chopper together with onions, Irish potatoes, fresh corn and tomatoes; cook together, adding butter, salt and peppers to suit taste.

OYSTERS AND FISH

CREAMED OYSTERS.—One pint oysters; one and one-half cups white sauce; one-third teaspoon celery, salt. Cook until oysters are hot through, serve on toast or in timbales.

SCALLOPED OYSTERS.—One quart selected oysters; two cups of oysterette crackers; one egg; one-half cup sweet milk; one-half cup of buttered bread crumbs; salt and pepper to taste; 3 tablespoons of butter. Method: Remove any piece of shell from oysters, warm but do not cook; drain in colander. In baking pan, from which they are to be served, put a layer of oysters, salt, pepper and bits of butter, then layer of crushed crackers (having them not too fine). Continue until all are used, being oysters on the top. Break egg into the milk and mix well; pour over the dish of oysters and let it go into the mixture. Cover top with the buttered crumbs, bake in moderate oven about thirty minutes or until the oysters and egg are cooked. Serve at once if you want them to be at their best.

FRIED OYSTERS.—Use select oysters, drain well, salt and pepper. Use the whole egg for coating, putting one tablespoon of cold water to each egg. Beat egg just enough to mix well, not to froth. First roll each oyster in dry flour, then into egg, next in the fine cracker or bread crumbs. Fry in deep fat, using a frying basket, drain on brown paper. If a small quantity is being fried use a sauce pan and a flat beater. Six can be fried at a time and a dish full quickly done. The flour prevents the egg and crumbs from slipping from the oysters.

BROILED OYSTERS.—Select large oysters, remove any shell, drain and dip in flour to which has been added salt and pepper. Into a skillet place a small quantity of butter or cooking oil—have pan and butter hot, put oysters in, broiling quickly on one side, turn and brown other side. Have as many slices as needed of hot buttered toast, put oysters on toast and serve at once. Cook just long enough to brown the flour.

OYSTER STEW.—One quart oysters; one quart sweet milk; salt and pepper to taste. Method: Remove any shell from oysters, melt butter and add to the milk and heat, never letting it boil. When hot add oysters and keep just below the boiling point until oysters are done. Add salt and pepper last and serve quickly or they will be over done. Allowance should be made for extra

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cooking after they are taken from the fire if a large quantity is prepared. They should be steamed until the gills curl or the oysters become what is called plumped. Too much cooking makes them small and tough.

TWENTY-MINUTES FISH.—Select a medium size fish, split in two and lay skin down in a baking pan, sprinkle with salt and pepper and a little flour; place bits of butter about over fish and pour over just enough of hot water to prevent sticking to pan, place on rack in oven and cook twenty minutes; serve immediately; garnish with French fried potatoes and sprigs of parsley.

BROILED FISH — SHAD, SPANISH MACKEREL AND POMANO.—Split fish to skin on back, remove head, clean and wipe dry; have a baking dish hot and well greased; put in hot stove and cook one-half hour or until fish is flaky or comes from back bone; salt, pepper and pour over 1 cup melted butter; garnish with rings of lemon and parsley.

MEATS

BROILED STEAK.—Select porterhouse or sirloin cut, pound flour into it, have a hot griddle ready, grease it with butter, place steak in and allow it to sear to a rich brown, turn and sear other side, then remove to a hot platter, salt and pepper both sides and pour over it melted butter. Put a tablespoonful water in hot griddle and pour over steak, garnish with parsley and serve while very hot.

STUFFED BEEFSTEAK.—Take a piece of round steak, pound well and season with salt and pepper, then spread with stuffing. Roll up, tie with twine. Put in pan with a little water and two pieces of fat pork. Baste often while roasting until a nice brown, if it bakes too fast, cover with another pan. It is delicious sliced and served.

BALANCE BROUGHT FORWARD.—Fry a minced onion with a lump of butter and a tablespoon of flour until brown; add the remains of yesterday's roast, cut in small pieces, the left-over brown gravy, and three thinly sliced potatoes, season with salt and pepper, and cook until potatoes are soft, first covering all with cold water. Serve on slices of toast.

THE DUTCH DISH.—Two pounds fresh pork, cut from the neck; score and place in the middle of baking pan, seasoning highly with salt and pepper, surround with one quart of sauerkraut, washed in colander. Bake in moderate oven for two hours, adding water as needed. Serve with plain boiled potatoes and pickled beets.

VEAL BIRDS.—Get thin slices of veal from the leg. Remove bone and gristle. Cut in two-inch strips. Pound well, add salt and pepper. Spread each strip of veal with slice of breakfast bacon, roll and secure with tooth pick or skewer. Saute hot fat, using just sufficient to brown. Use covered baker, remove to back of range, add just enough water to simmer and cook for one hour. Renew water if necessary.

BRAISED SHOULDER OF LAMB.—Bone a shoulder of lamb, leave knuckle and fill cavity with a stuffing. Place in a deep pan. Cook five minutes in one-fourth cup butter, a slice each of onion, carrot and turnip cut in small pieces, one-half bay leaf, a sprig of thyme and one of parsley. Add three cups hot water, salt and twelve peppercorns; pour over lamb. Cover and cook over a low flame for three hours, uncovering for the last half-hour. Remove to hot platter. Strain liquid in pan and thicken with four tablespoons flour browned with three tablespoons butter. There should be one and three-fourths cups of the same.

BREADED VEAL CUTLETS.—Use slices cut from leg. Remove bone and cut in pieces for serving. Beat in egg, mix with it a little parsley (picked fine), salt and pepper and if desired a little grated lemon rind. Dip cutlets in mixture, then coat with bread crumbs and fry in salt pork fat or butter. Pour brown sauce over cutlets.

BAKED SPARE RIB OR PORK.—Wipe pork, sprinkle with salt and pepper, place in dripping pan and dredge meat and pan with flour. Bake over a medium flame three or four hours, basting every fifteen minutes with the fat in the pan. Add a little water, if necessary. Make gravy as for Roast Beef.

ROAST VEAL.—The filet makes an especially nice roast. Have the bones removed and stuff with the stuffing given under Roast Leg Lamb. Tie carefully in shape; season highly with salt and pepper, dredge with flour and lay slices of pork on top. Scatter flour over the bottom of the pan and cook over medium flame without adding water until this flour has browned. Then add a little water and baste often. Place a buttered paper over it when it is sufficiently browned. Allow half an hour to a pound, as veal must be well done to be wholesome.

VEAL LOAF.—Three pounds lean veal; one-fourth pound salt pork; one cup cracker crumbs; three eggs well beaten; salt, pepper, sage. Chop the veal and pork very fine and mix ingredients, seasoning with salt, pepper and sage. Press in bread pan and bake two and one-half hours. Melt one tablespoon of butter in one cup hot water; pour over the meat. Set in pan into a larger pan partly filled with hot water during the last hour of baking, and if it browns too fast on top, cover with paper. The same recipe may be used for beef loaf, and either may be served hot with tomato sauce or sliced cold.

TIME-TABLE FOR ROASTING BEEF.—Sirloin, or rib, rare, 5 pounds, one hour five minutes; sirloin or rib, rare 10 pounds, one hour thirty minutes; sirloin or rib well done, five pounds, one hour twenty minutes; sirloin or rib well done, ten pounds, one hour fifty minutes.

BEEF A LA MODE.—Have a round of beef (about three pounds) well larded with salt pork. (Beef in this style should preferably be cooked in an iron saucepan.) Put in saucepan two or three slices of fat salt pork and try out well; then add a small lump of butter. Sprinkle surface of meat with flour, add eight small onions and brown together in the fat in the saucepan. Pour over one pint of water and add a bouquet of parsley, thyme and bay leaf and two cloves. Allow meat to simmer over a flame two hours, adding water when necessary. Add eight small carrots and one small turnip cut in slices and cook one and one-half hours longer or until meat and vegetables are done. A few minutes before meat is done, pour over one small wineglass of Sherry or Maderia wine. Larding meat is inserting narrow strips of fat pork into the surface.

POT ROAST.—Select a good cut from the rump or shoulder clod, 3 or 4 lbs. Put into a pot, the fat which should come with the roast, or use drippings and get very hot. Wipe the roast with a damp cloth, (never wash) trim off any rind which might have an unpleasant taste, which shipped meat sometimes has. When the meat and pot are both ready, place in the pot and sear on all sides until a good brown, (this should be done with a very hot fire.) When seared, reduce the fire to very slow, and let cook two or three hours, or until done. When half done salt and pepper and add any seasoning liked; onions, parsley or celery. Sometimes a half cup of water may be added, but only a small amount at a time should be used. The water should be allowed to cook down and more browning done several times during the roasting; a little flour may be added to the gravy when ready to serve and enough water to make the required amount of gravy. If very much fat comes from the meat some should be removed in order to have the best gravy. If no thickening is used the gravy should be a dark red, clear gravy very much like that of a boiled steak, and is delicious over dry rice. Irish potatoes may be cooked around the roast if desired. The pot is kept well closed during the cooking—and the slow cooking and the seasoning is what makes this kind of roast good.

NEW ENGLAND BOILED DINNER.—A boiled dinner consists of warm boiled corned beef served with vegetables which have been cooked in the water in which the meat was boiled. Wipe meat and tie securely in shape. Cover with cold water and bring slowly to boiling point, using a low flame at first, then gradually raising it. Boil five minutes; remove scum; then lower flame and cook until tender. Cook carrots, turnips, cabbage and potatoes with meat. (Carrots require longest cooking; potatoes least). Cook beets separately. Serve cabbage and beets in separate dishes, other vegetables on same dish with meat.

ROAST LEG OF LAMB.—Wipe meat with damp cloth, sprinkle with salt and pepper and place in baking pan, dredging meat and bottom of pan with flour. Place in oven over a medium flame and when flour in pan is browned, baste with the fat in the pan, adding water if necessary. Baste every fifteen minutes. Time required for cooking is about one and three-quarters hours. Make gravy following directions for Roast Beef Gravy. A leg of lamb may be boned and stuffed.

BRAIN CROQUETTES.—Take one set brains; five eggs; cook as for table, season well with butter, salt and pepper; scramble soft with eggs, put aside to cool. When thoroughly cold make out in croquettes, dip in cracker crumbs, fry quickly, a light brown in hot fat.

SPANISH STEAK.—From one to two pounds steak. Beat one cup flour into it, put in skillet to fry, add three onions sliced, four green peppers sliced, let cook to pieces, then add small can of tomatoes. Season well with pepper and salt, (sage, if you like it) and cook slowly for two or three hours in oven or on top of stove.

BEEF LOAF.—One and one-half pounds of beef, one-half pound of pork; eight crackers; one egg. Sage, salt and pepper to taste. Grind beef and pork together, add egg, roll crackers fine, mix them in, add sage, salt and pepper, form into a loaf, put into a pan with about a cup of water, bake one and one-half hours.

STEAK ROLLS.—Six pieces of round steak, size of hand, (salt and pepper). Put small slice of bacon on each piece of steak, roll and tie with string, and baste. Put in pan and cover with water, add chopped onion and bake in slow oven, two and one-half hours or until tender.

BARBECUED RABBIT.—Parboil until tender, two rabbits, put in water with three slices of bacon on top, fill pan half full of water. One-half cup vinegar, salt and pepper, one tablespoon catsup, pour over rabbit. Bake in slow oven, basting every few minutes.

RABBIT SAUTE.—Have a rabbit cut in pieces. Put meat and a few small onions in a saucepan with a little hot water, butter and lard. Sprinkle with a scant tablespoon flour. Have ready a large glassful of white wine which has been put in a separate saucepan and allow to simmer for two minutes. Pour wine over the rabbit and add a bouquet of parsley, thyme and bay leaf. Add water if necessary. Cook slowly over a low flame for about one hour.

BAKED HAM.—Rub ham well with baking soda and scrub with warm water. Place in baking pan and add two quarts of sweet cider boiling hot. (Water may be substituted for cider). Rub a chopped onion, brown sugar and a little cinnamon over top of ham and put into the oven. Cook slowly for five or six hours.

POULTRY AND GAME

To determine the age of poultry, examine the feet and the cartilage at the end of the breastbone. If both are soft it is a chicken; if hard, a fowl.

To prepare a bird for cooking, singe it by holding over a flame and turning it until hairs are removed. Remove pin feathers. Cut the skin around the leg an inch and a half below the leg joint, taking care not to cut the tendons, place a leg at that point over the edge of a board or table and snap the bone; then pull off foot and tendons. In a fowl, tendons may have to be pulled one at a time. Make a cut below the breastbone and remove the entrails, heart, gizzard and liver. Remove gall bladder from liver. Remove the lungs from either side of backbone and the kidneys, which lie near the hollow. Remove windpipe from neck and crop. Cut off the neck close to the body, leaving the skin. Remove oil bag. Wash outside carefully and run water through the inside to cleanse it. The heart, liver and gizzard are called giblets. Remove veins and blood from heart and fat, and membrane from gizzard. Cut through the thick part of gizzard and remove the part inside. Wash giblets and neck, and cook together in a little water.

ROAST CHICKEN.—Having dressed a chicken, stuff it, using stuffing given under Roast Lamb or Old-Fashioned Stuffings. Truss it by crossing the drumsticks, tying them with a long string and then tying to the tail. Fasten the wings close to the body with a skewer, draw the skin of the neck under the back and pin with another skewer. Then turn the bird on its breast and draw string which is fastened to tail around skewers, fasten it and cut it. Rub chicken with salt and rub breast and legs with butter and flour worked together. Place in pan and sprinkle bottom of pan with flour. Place in oven over a medium flame until flour is browned. Then lower the flame and baste often. Melt butter half the size of an egg in three-quarters cup of hot water and use it for basting while it lasts. Then use fat in the pan. Turn bird occasionally that it may brown alike on all sides. Cook until breast meat is tender, which will be about one and one-half hours for a four pound chicken. Remove strings and skewers and serve.

GRAVY.—Brown four tablespoons of flour in four tablespoons of fat from pan in which chicken was roasted; add two cups stock in which giblets and neck have been cooked. Boil five minutes; season with salt and pepper, strain and serve. Sometimes giblets are chopped and added to gravy.

OLD-FASHIONED STUFFING.—Two cups hot mashed potatoes; one and one-fourth cups soft bread crumbs; one-fourth cup chopped fat salt pork; one finely chopped onion; one-third cup butter; one egg; one and one-half teaspoon sage.

CHICKEN FRICASSEE.—Dress, wash and cut up a chicken or fowl and cook in boiling water until it is tender. Sprinkle with salt and pepper, dredge with flour and brown slightly in butter in a frying pan. Arrange on slices of dry toast on a hot platter and pour around the boiling sauce.

Boil down the stock in which fowl was cooked until there remains two cups. Strain and take off the fat. Add four tablespoons flour to three tablespoons melted butter, stirring until smooth, and pour on gradually the stock. Season with salt and pepper. Instead of serving on toast, chicken fricassee may be served with very small baking powder biscuits arranged around rim of platter. Use highest flame.

CHICKEN PIE.—Joint and prepare for boiling two chickens weighing three pounds each. Use water to cover and add sufficient water to keep them covered during period of cooking. When done, while hot, strip meat from bones with a silver knife and fork. Line a deep pudding dish with rich pie crust rolled a trifle thicker than for ordinary use; lay in the chicken, thicken and season the stock, boiling it down if there is too much; pour over the chicken and cover with the broth.

PRESSED CHICKEN.—Cook a hen until tender and until liquor is boiled down to a pint, put into the water a little red pepper, sage and onion if desired, put meat, when cold, through food chopper or cut in small pieces. Dissolve one-fourth package Knox Gelatine in a little water and add to strained broth while hot, stir in chicken, season to taste with celery salt and mold. Beef may be molded same way. Use a long narrow pan, put half of meat in, then lay hard boiled eggs, end to end, the length of pan, fill the pan with remainder of meat, mold. A slice of egg is in center of every cut of meat. This makes a pretty salad placed on a bed of lettuce.

TO BROIL QUAIL.—After dressing, split them down the back and lay them on a well greased iron pan, the inside down. Broil slowly till they are a delicate brown, then season with salt and pepper and plenty of butter. Serve with buttered dry toast.

CREAMED CHICKEN.—Two cups of cold chicken, cut in cubes, cup white sauce. Heat chicken in sauce to which celery salt has been added. Serve on toast or in timbale cases.

ROAST TURKEY.—Proceed as with Roast Chicken, using twice as much stuffing. A turkey weighing ten pounds will cook in about three hours.

ROAST GOOSE.—Dress a goose, washing and scrubbing it with a brush and hot soap suds. Wash in cold water and dry. Stuff with old-fashioned stuffing, sprinkle with salt and pepper and lay five or six thin strips of fat pork on the breast. Bake over a medium flame two hours, basting often with fat in the pan. Remove the pork before goose is done. Serve with apple sauce.

CHICKEN DUMPLINGS.—Six eggs well beaten; scant cup water; two heaping tablespoons chicken fat; dash black pepper; enough bread crumbs (ground through the food chopper) to make soft batter; let stand fifteen minutes—then dampen hands and roll into small balls; remove chicken from soup—add dumplings, and boil 30 minutes.

SAUCES

BROWN SAUCE.—Two tablespoons butter; three tablespoons flour; one-half slice onion; one cup hot water; one-fourth teaspoon salt; one-eighth pepper. Cook onion in butter until slightly browned; remove onion and stir butter until well browned. Add flour and seasonings and brown with butter, then add water gradually.

WHITE SAUCE.—Put two tablespoons butter in a saucepan, stir until melted and bubbling; add two tablespoons flour, a little salt and pepper, and stir until well mixed. Pour on gradually one cup milk, stirring until well mixed and smooth.

SAUCE PIQUANTE—To brown sauce add a bay leaf and two teaspoons chopped tomato pickle. Cook all together. Remove bay leaf before serving.

HOLLANDAISE SAUCE.—One-half cup butter; two egg yolks; one tablespoon lemon juice; one-fourth teaspoon salt; few grains cayenne; one-third cup boiling water. Wash butter with cold water and divide in three parts. Put first piece in saucepan with egg yolks and lemon juice; place this pan in a larger saucepan containing boiling water and stir with a wire whisk until butter is melted; add second piece of butter, and, as it thickens, the third. Add water, cook one minute and add salt and cayenne.

TOMATO SAUCE.—Two cups tomatoes; one cup water; one slice onion; three cloves; three tablespoons butter; 3 tablespoons flour; one-half tablespoon sugar; salt and pepper. Cook tomatoes, water, onion, three cloves and sugar together twenty minutes. Melt butter, add flour and stir into the mixture. Add three-quarters teaspoon salt and dash of pepper; cook ten minutes and strain.

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RICE

SPANISH RICE.—Fry one pound of hamburger steak and one small onion together. Cook one cup rice till tender. To the above add one can of tomatoes, one can English peas; one-half can pimentoes. Grease a baking dish, pour all together in it and bake three-fourths hour in moderate oven.

SOUTHERN STYLE RICE.—Wash one cup of rice thoroughly, use a deep vessel; to four cups of rapidly boiling water add one teaspoonful salt. Then add rice so slowly that water continues to boil. Shake vessel so that no kernels stick to bottom but never stir the rice. Boil twenty minutes. Then pour off water if any and place in open oven where it will finish swelling without burning. Each grain will stand alone plump and tender.

DRY RICE.—One cup rice; four cups water, boiling; one teaspoon salt; one-fourth teaspoon lard. Method: Wash rice well and drop slowly into the boiling water, do not stop the boiling of the water, add salt and the bit of lard, shake pan several times. Boil hard and keep pot uncovered for about twenty minutes or until the grains are soft, but not mushy. Pour rice into a colander, drain well and place over a pot of boiling water to finish cooking and become dry and fluffy. This will require about thirty minutes, making in all fifty minutes. Serve with gravy. To reheat rice, put into a colander and place over hot water, the same period as the last part of cooking.

GREEN PEPPERS STUFFED WITH ASTOR RICE.—Six green peppers; one cup boiled Astor rice; one medium-sized onion; one teaspoon salt; one cup stewed tomatoes. Cut tops from peppers and remove seeds. To the rice, add salt and the tomatoes and onion chopped very fine. Wash peppers, stuff with rice, dot with butter or cheese, put on tops, stand them in a baking dish, cover bottom of baking pan with a little water, add tablespoonful of butter. Cook in hot oven fifteen minutes, basting frequently. Parboil peppers.

RICE GRIDDLE CAKES.—Soak over night one quart cold boiled rice in five gills of milk, next morning add one quart milk and nearly as much flour, two well beaten eggs and two teaspoons Royal Baking Powder. Fine bread crumbs may be used instead of flour. Bake on greased hot griddle.

VEGETABLES

STUFFED PEPPERS.—Put left-over cold meat through the food chopper, also stale bread to measure two cupfuls each. Moisten with two cups of stock left from meat, add salt, pepper and onion chopped fine, (left-over corn may be used). Remove tops and seeds of large sweet peppers, stuff with this mixture, top with bits of butter, place in pan with little water and bake one-half hour.

BAKED ONIONS.—Boil large onions for ten minutes. Cool and with a sharp knife remove the centers. Chop them fine; add a few bread crumbs and seasoning; moisten with melted fat. Fill the onion shell with this mixture and put a few crumbs on the top. Bake in the oven until tender and the crumbs are brown. Garnish with a sprig of parsley on the top of each.

PARSNIPS BAKED WITH BACON.—Select small, tender parsnips and allow two for each person. Boil or steam them until tender, remove the skins and stack them up cord-wood fashion in a baking dish. Sprinkle them with salt, pepper and a trace of sugar, and lay over them some thin strips of bacon. Place in a hot oven and bake until the bacon is crisp.

BAKED SQUASH OR PUMPKIN SQUARES.—Cut into three inch squares, take out the seeds and stringy portions. Sprinkle either with salt and pepper, or with salt and sugar, or add a teaspoonful of syrup to each piece, and dot with butter; place in baking pan in the oven, cover for thirty minutes; remove the cover and bake until tender. Serve hot and eat with butter.

TWENTIETH CENTURY BAKED BEANS.—Beans baked with pork are good, but not suited to all digestions; prepared as follows they may be safely eaten by even young children. Soak one quart of navy beans over night, parboil in salted water, drain and put in a large pan or a bean pot. Add a teaspoonful of salt, a little mustard and pepper if liked, and a teaspoonful or two of sugar. Keep covered with boiling water and bake steadily for six or eight hours. An hour or two before they are to be served allow the water to dry away and add a can of evaporated milk or a quart of cream or very rich milk and continue baking until it is absorbed and the beans are nicely browned on top. They should be soft, but not wet, when done. One trial of this method, which is original with the writer, creates a continual demand for more. They are appetizing and satisfying either hot or cold.

IRISH POTATO FRITTERS.—Grate four Irish potatoes, add salt to taste, dash black pepper, scant half cup flour, pinch Royal Baking Powder, two eggs, well beaten; stir well, drop from spoon, fry in hot grease and serve hot with cold milk.

STUFFED EGGPLANT.—Parboil eggplant five minutes, then cut in halves and scoop out inside, leaving shell one-half inch thick. Chop pulp and add one cup soft bread crumbs. Melt two tablespoons butter, add one-half tablespoon chopped onion and cook five minutes. Add to chopped pulp and bread, seasoning with salt and pepper and, if necessary, add a little water. Cook five minutes, cool a little and then add an egg beaten slightly. Refill shells, cover with buttered crumbs and bake twenty-five minutes over a high flame.

CREAMED PEAS.—One can of peas; four hard boiled eggs; drain liquor from peas. Mince eggs. Mix, season with black pepper and salt. Make a thick white sauce. Pour over peas and eggs and cook until peas are thoroughly heated.

ASPARAGUS ON TOAST.—Cut bread into triangles and toast. Put three or four tips of canned asparagus, which has been heated in own liquor on each piece of toast. Stir a cupful of grated cheese into thick white sauce, when blended, pour over asparagus tips. Garnish with hard-boiled eggs, quartered, and strips of pimento.

CHICKEN CROQUETTES WITH PEAS.—One-fourth cupful pure lard; one-half cupful flour; one-half teaspoonful salt; one-eighth teaspoonful pepper; one and one-half cupfuls milk; two cupfuls chicken meat cut in cubes; one teaspoonful Worcestershire sauce; one egg; four tablespoonfuls water, sifted bread crumbs; pure lard for frying; one can English peas; butter, salt and pepper to season. Method: Melt lard, add flour, salt and pepper and liquid, cook until thick, add egg slightly beaten and chicken and Worcestershire sauce. Chill thoroughly, shape in croquettes allowing two level tablespoonfuls of mixture for each croquette. Beat the one egg in a soup plate, add water. Spread bread crumbs on board. Dip croquettes in bread crumbs, then in egg and again in crumbs. Roll each croquette on board until shaped and fry in deep lard using frying basket and Scotch kettle. Drain on brown paper, arrange on platter,and garnish with hot peas, well seasoned with butter, salt and pepper.

POTATOES BAKED IN HALF SHELL.—Select six medium sized potatoes and bake. Remove from oven, cut slice from top of each and scoop out inside. Mash, add 2 tablespoons butter, a little salt and pepper, and three tablespoons of hot milk, then add well beaten whites of two eggs. Refill shells and bake five to eight minutes in very hot oven. Potatoes may be sprinkled with grated cheese before putting in oven.

SWEET POTATO SOUFFLE.—Two cups boiled and mashed potatoes; one-half teaspoon salt; one cup sweet milk; two tablespoons butter; two teaspoons sugar; three eggs, using yolk in potato; three whites for meringue; three tablespoons sugar for meringue; vanilla to taste. Add milk, butter and well beaten egg yolks to potatoes, then vanilla. Put into baking dish, and cook in moderate oven about twenty minutes. Make meringue of the whites, flavored with vanilla, put on the potatoes and cook until brown. Crushed nuts added to potatoes improve it wonderfully. Apples may be substituted for potatoes, leaving off nuts.

SALADS AND DRESSING

KNOX SPARKLING GRANULATED GELATINE.—Makes delicious Desserts, Salads, Jellies, Puddings, Ice Cream, Sherbets, Candies, etc.—dishes for every day and all occasions. Its purity and high quality are guaranteed. It aids digestion and is beneficial for infants, growing children, invalids and convalescents. It is used and endorsed by the highest food authorities. It should be constantly in every home where good food and good health is the aim of the housewife. It is economical—one package makes four pints (one-half gallon) of jelly—four times as much as the ready-prepared flavored packages.

GRAPE FRUIT SALAD.—Four large grapefruit; two large cans white cherries; one large can sliced pineapple. Peel grapefruit and divide into segments. Stone cherries, dice pineapple and mix. Into a colander put a layer of grapefruit, then a layer of mixed cherries and pineapple. Use alternate layers of fruit, until quantity made is used. Drain thoroughly, chill on ice and serve on lettuce with mayonnaise.

SALAD DRESSING CREAM.—Two eggs; one-half cup vinegar; one-half cup sugar; one-half cup cream; teaspoon mustard; salt to taste. Rub mustard and sugar together, then work in vinegar; pour this in well beaten eggs, put in vessel of hot water and cook consistency of batter; when cold whip cream stiff and mix.

BOILED MAYONNAISE.—Four eggs; one cup vinegar; one-third water; (if vinegar is very strong, use one cup water) one teaspoon mustard; one teaspoon butter; one-third cup sugar. Method: Beat eggs well. Mix sugar, mustard, salt, (pepper if desired). Stir this with the eggs into the vinegar and water. Cook in double boiler, stirring until done.

PEAR SALAD.—Use canned pears, take from the can and let stand one hour in a good lemon water. Place on crisp lettuce two halves, make five or six balls from cottage or Neufchatel cheese, roll in chopped nut meats or chopped parsley, place on and around the pears, cover with French dressing and serve.

FRUIT SALAD (For twenty.)—Ten oranges, one cocoanut, half box grated pineapple, six bananas, three lemons, one box gelatine. Take only the pulp of oranges and grate the cocoanut very fine, slice bananas very thin, and use only the juice of lemons. Pour Knox Gelatine over this mixture and put in molds to congeal, and serve with whipped cream.

POTATO SALAD.—One quart of diced cold potatoes; one bunch of celery, chopped fine; one-half cup mayonnaise; one cup chili sauce; two tablespoons Lee & Perrin Sauce; one tablespoon grated onion, salt and pepper to taste. Method: Boil potatoes, but not too soft; let them be very cold, dice and add all ingredients together. Add the sauces to the mayonnaise and mix over salad. This dressing is specially liked by the men.

ROQUEFORT CHEESE DRESSING.—One-fourth lb cheese; four tablespoons olive oil; one tablespoon vingar; cream cheese in oil and vinegar—add pinch mustard, peprika, salt and color if desired with pimento.

LUNCHEON SALAD.—One envelope Knox Sparkling Gelatine, one cup cold water, one and one-half cups boiling water, one-half cup lemon juice, one-half cup sugar, three tart apples, 1 cup celery, cut in small pieces; one-half cup pecan nut meats. Soak gelatine in cold water five minutes, and dissolve in boiling water. Add lemon juice and sugar. When mixture begins to stiffen, add apples, sliced in small pieces, chopped celery and broken nut meats. Turn into mold, first dipped in cold water, and chill. Accompany with mayonnaise dressing. This mixture may be served in cases made from bright red apples.

CHICKEN SALAD.—One hen about three and one-half pounds; one large bunch of celery; one can of mayonnaise, salt and pepper to taste. Method: Boil chicken until very tender, let get very cold so the water, left in the meat, jellies and becomes firm skin and gristle, cut in pieces about as large as end of the thumb, never chop. Clean and cut celery. There should be equal parts chicken and celery. Salt and pepper to suit. When ready to serve add mayonnaise. Mix all together. Serve on lettuce. If the mayonnaise is allowed to stand too long it will become soupy and limp. The oil in the mayonnaise draws the water from the celery. There should never be any liquid to chicken salad. This makes salad enough to serve twelve persons.

MARSHMALLOW SALAD.—Two tablespoons vinegar; two tablespoons sugar; yolk of one egg all beaten together and boil until thick—set aside to cool, then mix with one-half pound marshmallows, cut in fours; add four slices of pineapple, chopped; one cup pecan meats; one-half pint whipped cream.

APPLE SALAD.—Scoop out the inside of ten prettily colored and good flavored apples, chop fine and combine with an equal quantity of celery, walnut, and pecan meats, add spoonful of salt and toss mayonnaise dressing lightly through mixture; fill the apple cups, top with dressing, place on individual dishes on a bed of water cress or parsley.

TOMATO JELLY.—Soak half box Knox gelatine in one-half cup of cold water. One can tomatoes, boil the tomatoes and season with salt and cayenne pepper; let tomatoes come to a boil, strain through cloth, mix with gelatine, then put on stove until hot. Remove and put in molds. When jelly becomes set, serve on lettuce leaves with mayonnaise.

GOLDEN BALL SALAD.—Make tomato aspic, adding coloring matter to make pretty color. Mould in any shape desired; hard boil one dozen eggs; mash yolks fine with one can pimento cheese, and mould into balls two-thirds the size of egg yolks. Put whites through potato masher. At serving time unmold aspic and set each on lettuce leaves. Sprinkle lettuce thickly with chopped whites—set four or five of the little golden eggs around base of the aspic. Between the balls put mayonnaise. This will serve eight or ten persons.

MARSHMALLOW PUDDING—Six whites of eggs beaten until stiff. Dissolve one envelope of Knox Gelatine in one-half cup cold water, when dissolved, fill cup with hot water. When cool pour over whites. Divide the quantity into two parts. Color one part pink. Flavor both. Use small loaf pan, pyrex or aluminum; place a layer of white, then pink until pan is full. When cool ,slice and serve with whipped cream.

MAYONNAISE.—Beat yolks of two eggs till light, add juice of one lemon, beat again; add teaspoonful salt, beat again, then beat into mixture, drop by drop, contents of one small can of Wesson Oil. If it gets thick too soon, thin with one-half teaspoonful vinegar. If lemon juice and salt are put in before oil, the dressing rarely ever curdles. If desired add a little mustard or cayenne.

PRUNE ORIENTAL CREAM.—One-half envelope Knox Sparkling Gelatine, one-half pint heavy cream, one-fourth cup cold water, one-third cup milk, one-fourth cup scalded milk, one-third cup cooked prunes, cut in pieces, one-half cup sugar, one-third cup chopped figs, whites of two eggs. Soak gelatine in cold water five minutes, dissolve in scalded milk, and add sugar. Strain into bowl, set in pan containing ice water, and stir constantly until mixture begins to thicken: then add whites of eggs, beaten until stiff, heavy cream, diluted with milk and beaten stiff, prunes and figs. Turn into a wet mold, the bottom and sides of which are garnished with halves of cooked prunes, and chill, remove from mold to serving dish, and garnish with whipped cream (sweetened and flavored with vanilla,) forced through a pastry bag and tube, and chopped pistachio nuts.

SPANISH CREAM.—One-half envelope Knox Gelatine, one-half cup sugar (scant), three cups milk, one-fourth teaspoonful salt, three eggs, one teaspoonful vanilla. Soak the gelatine in the milk ten minutes. Place over hot water, and when gelatine is dissolved add sugar. Pour slowly on the yolks of the eggs slightly beaten, return to double boiler and cook until thickened somewhat, stirring constantly. Remove from stove and add salt and flavoring, then add whites of eggs beaten until stiff. Turn into one large or individual molds, first dipped in cold water, and place in ice box. (This will separate and form a jelly on the bottom and custard on top.) If desired, serve with whipped cream, or sliced oranges or other fruit. A cup of orange juice may be substituted for one cup of the milk, adding it after removing custard from the stove.

LUNCHEON SALAD.—One envelope of Knox Gelatine, one-half cup sugar, one cup cold water, three tart apples, one and one-half cups boling water, one cup celery, cut in small pieces, one-half cup lemon juice, one-half cup pecan nut meats. Soak gelatine in cold water five minutes, and dissolve in boiling water. Add lemon juice and sugar. When mixture begins to stiffen, add apples, sliced in small pieces, chopped celery and broken nut meats. Turn into mold, first dipped in cold water, and chill. Accompany with mayonnaise dressing. This mixture may be served in cases made from bright red apples.

PERFECTION SALAD.—One envelope Knox Gelatine, one teaspoonful salt, one-half cup cold water, one cup cabbage, finely shredded, one-half cup mild vinegar, two cups celery, cut in small pieces, two tablespoonfuls lemon juice, two pimentoes, cut in small pieces, or one-fourth cup sweet red or green peppers, 2 cups boiling water, one-half cup sugar. Soak gelatine in cold water five minutes. Add vinegar, lemon juice, boiling water, sugar, and salt. Strain, and when mixture begins to stiffen, add remaing ingredients. Turn into mold, first dipped in cold water, and chill. Remove to bed of lettuce or endive. Garnish with mayonnaise dressing, or cut in cubes, and serve in cases made of red or green peppers, or turn into molds lined with canned pimentoes. A delicious accompaniment to cold sliced chicken or veal.

CHOCOLATE PLUM PUDDING.—One envelope Knox Gelatine, one cup seeded raisins, 1 cup cold water, three-fourths cup dates, one pint milk, one cup nuts, one cup sugar, one-half cup currants, one and one-half squares chocolate, three egg whites, one-half teaspoonful vanilla, salt. Soften gelatine in cold water ten minutes. Melt chocolate with part of the sugar; add a little milk, making a smooth paste. Put milk in double boiler. When hot, add melted chocolate, sugar, salt and soaked gelatine. Remove from fire; when mixture begins to thicken, add vanilla, fruit and nut meats, chopped, and lastly fold in beaten egg whites. Turn into wet mold decorated with whole nut meats and raisins. Chill. Remove to serving dish and garnish with holly. Serve with whipped cream, sweetened and flavored with vanilla, or with a currant jelly sauce.

LEMON SPONGE OR SNOW PUDDING.—One-half envelope Knox Gelatine, three-fourth cup sugar, one-fourth cup cold water, one-fourth cup lemon juice, one cup boiling water, whites of two eggs. Soak gelatine in cold water five minutes, dissolve in boiling water, add sugar, lemon juice and grated rind of one lemon, strain and set aside; occasionally stir mixture, and when quite thick, beat with wire spoon or whisk until frothy; add whites of eggs beaten stiff, and continue until stiff enough to hold its shape. Pile by spoonfuls on glass dish. Chill and serve with boiled custard. A very attractive dish may be prepared by coloring half the mixture red.

FRUIT SHERBET.—One-half envelope Knox Gelatine (scant measure), one and one-half cups sugar, three cups rich milk, one orange, one lemon. Grate the outside of both orange and lemon. Squeeze out the juice and add to this the sugar. Soak the gelatine in part of a cup of milk for five minutes and dissolve by standing in pan of hot water. Stir into the rest of the milk When it begins to freeze add the fruit juice and sugar, and fruit of any kind if desired. This makes a large allowance for five persons.

MEMORANDUM

MEMORANDUM

PIES AND PUDDINGS

THANKSGIVING PUDDING.—Four cupfuls milk; one and one-half cupfuls broken crackers; four slightly beaten eggs; one-half teaspoonful cinnamon; one and one-half teaspoonfuls nutmeg; one and one-half cupfuls stoned raisins. Soak the crackers over night in the milk, add the eggs. Cook the raisins in a little water until plump; add the raisins and spice and sweetening. Pour into a well greased pudding dish and bake slowly two and one-half hours, stirring twice the first hour. Serve with a hard or sterling sauce.

PUMPKIN PIE.—Stew the pumpkin in a little water and for every pie take one cupful of pumpkin; two cupfuls milk, one-fourth teaspoon cinnamon, one-eighth teaspoon salt, one egg, one-fourth teaspoon ginger, few gratings nutmeg. Mix all the ingredients, sweeten to taste and bake in a crust in a slow oven. More eggs may be used if a richer pie is desired.

FRENCH MERINGUE TARTS.—Bake six tart shells in the usual way. Drain one can of large peaches and place one piece, round side up, in each tart shell. Beat the whites of two eggs until stiff, add six tablespoons powdered sugar gradually and beat until thick and smooth. Heap this meringue on each tart, sprinkle with one-third cupful of chopped nuts and bake in a cool oven until beginning to brown. Chill before serving.

JAM AND CRUMB PUDDING.—One cupful cracker, bread or cake crumbs, two cupfuls milk, one fourth cupful sugar, one-fourth teaspoon salt, two eggs; (or one) one-fourth teaspoon vanilla, two tablespoons melted butter. Use any kind of left-over jam or preserves. Soak the crumbs in milk. Beat the eggs, add the other ingredients except the jam and stir into the crumbs. Grease a baking dish, spread the jam in the bottom, cover with crumb mixture, bake in a moderate oven until crumbs are brown.

BUTTER SCOTCH PIE.—One cup brown sugar, one cup milk, two tablespoons butter, two eggs, one teaspoon vanilla, two tablespoons flour, one teapoon corn starch, one-half teaspoon salt. Beat sugar, milk and butter together in the upper part of the double boiler. Beat the egg yolks, add flour, corn starch and salt. Add to the mixture in the double boiler and cook until it thickens, stirring continuously. Cool and fold in the beaten egg whites and vanilla. Place in a pie crust shell previously baked, and frost with whipped cream.

LEMON CREAM PIE.—One and one-half pints of milk, let come to a boil, add four tablespoons corn starch. When thick stir in yolks of six eggs, three tablespoons butter, one and one-half cups sugar. After partly cooled add juice of three lemons and one grated. Beat whites very stiff and add nine tablespoons sugar, beat until sugar dissolves, spread on top of pie and bake brown. Enough for two pies.

LEMON PIE.—Juice of two lemons, three eggs, a cup and one-half of water, one cup sugar, one and one-half teaspoons of corn starch. Mix all together and cook until it thickens. Bake a nice crust, pour the mixture on and spread whites of eggs over top, forming a meringue. Slip in oven and brown slightly.

SWEET POTATO AND ORANGE PIE.—Three potatoes (small), two eggs, two tablespoons of butter, one cup of sugar, one cup of milk, one-half teaspoon cinnamon, one rind and juice of one orange.

CHOCOLATE PIE.—One tablespoon vanilla, two cups milk, one cup sugar, three tablespoons flour, three tablespoons cocoa, yolks of three eggs; boil until thick and smooth; bake crust and fill, beat yolks of eggs, add three tablespoons sugar on top, brown in oven.

BANANA PUDDING.—Fill small pudding pan alternately with vanilla wafers and sliced bananas; when filled pour following sauce over whole: One cup milk, one-half cup sugar, two tablespoons butter, one egg, one-half teaspoon vanilla; bring to boiling point. If preferred, use two egg whites for meringue.

COCOANUT PUDDING.—One can cocoanut, one can seeded raisins, one-half cup butter, one-half cup sugar; make pie pastry, roll and put filling on; make long roll, pinching together at ends, bake with caramel sauce. Caramel Sauce: One tablespoon brown sugar, one cup granulated sugar, one tablespoon flour, one tablespoon buttter, two cups of water.

DELMONICO PUDDING.--Four tablespoons corn starch, one quart milk, six eggs—whites and yolks separate, three-fourths cup sugar, one tablespoon butter, dissolve corn starch in a little sweet milk, having heated the rest of the milk to boiling, stir in dissolved corn starch and boil until thick; beat yolks and sugar together and stir in corn starch while boiling; set away to cool. After it is cool put layer first of pudding, then alternate with first oranges, bananas and grated pineapple; beat whites of eggs stiff and add six tablespoons sugar, spread this on top of mixture, place in stove and bake to light brown. When cold serve with whipped cream.

MARSHMALLOW PUDDING.—Whites of ten eggs beaten to a stiff froth; one cup of sugar; three tablespoons of gelatine; flavor with bitter almond; divide into three parts; color one pink, one green and leave the other white; mould in right deep round pan; put in the green layer and sprinkle with nuts and raisins; then pink layer and sprinkle with nuts and raisins; then the white layer. Do not put nuts, etc., on this. Beat the eggs until stiff, then put in sugar, then gelatine; dissolve the gelatine in as little water as you can.

GREEN CORN PUDDING.—One pint sweet milk; three eggs; one tablespoon butter; one teaspoon sugar; six ears sweet corn; cut corn from cob, first cutting thru middle of each row of grains from top to bottom. Beat whites and yolks separately. Put corn and yolks together, add butter, then milk gradually, beating all the while, next sugar and a little salt; lastly the whites. Bake slowly at first, then brown. This is a most delicious accompaniment to a meat dinner when properly baked.

MINCE MEAT.—Four pounds beef from neck; one pound fat salt pork; one peck apples; chop meat and apples, add water in which meat was cooked; one pint of vinegar; two lbs. each raisins and currants; flavor with cinnamon, cloves and nut meg; sweeten with sugar; add one-half pound butter. Cook slowly three hours.

COCOANUT PIE.—One cup milk; one-half cup sugar; two eggs; two tablespoons flour; one tablespoon corn starch; one tablespoon butter; two-thirds cup cocoanut; mix sugar, flour and corn starch. Beat yolks and add to milk. Mix thoroughly, cook and stir until thick. Pour into previously baked crusts, cover with meringue and sprinkle with cocoanut and brown in moderate oven. Meringue: Beat the white of two eggs until all is foaming but not stiff, add two tablespoons of sugar and beat until very stiff. Made in this way it will not form syrup bubbles and will not shrink from the edges so badly when left over.

DESSERTS

TAPIOCA CREAM—One pint rich milk; two and one-half tablespoons minute tapioca. Boil together in double boiler 25 minutes, stirring frequently. Yolks of two eggs and three-fourths cup sugar with a pinch of salt beaten together. Add and cook until it thickens. Whip the well beaten whites in and bake in the oven a few minutes.

CUP CUSTARD.—Two cups milk heated warm, but not hot; three eggs; three tablespoons sugar; one-half tablespoon vanilla; one-eighth tablespoon salt. Method: Beat eggs and sugar together to mix. Add vanilla and salt and pour warm milk over the egg mixture. Have cups (about six) greased with soft butter; pour mixture in, filling three-quarters full; place in pan of hot water and cook in moderate oven from ten to twenty minutes. When a meringue is desired on top, reserve one white and use an extra tablespoon of sugar; let custard bake about half then put meringue on top and continue baking. If much meringue is wanted, use an extra egg, adding the yolk to custard, and use one white with the extra white; sugar as needed.

CHOCOLATE CUSTARD.—One half cup sugar; one-fourth cup butter; three-fourths cup grated chocolate; one cup sweet milk; three tablespoons of corn starch; three eggs; one teaspoon vanilla. Method: Melt chocolate, add to sugar and butter. Dissolve corn starch in the sweet milk, add to butter and sugar and mix well, beating to get smooth. Add yolks of eggs to mixture, also flavoring. Pour into a good pastry, bake until firm with a moderate fire. Make meringue of the three whites and three tablespoons of sugar; place on top of custard and cook about ten minutes, or until brown, in very slow oven. This should be put on when pie is nearly done.

BAKED APPLES WITH NUTS.—Peel several large apples, core them carefully and fill the cavity with any kind of chopped nuts. Place them in a covered pan with enough water to steam them, or in a double boiler, and cook until done and tender, but not enough to fall to pieces. When cold serve with whipped cream, or plain thick cream and sugar flavored with anything you like. It can be served hot with plenty of butter and sugar.

LEMON FOAM.—Four eggs; two lemons; one cup sugar. Beat the yolks thoroughly, add sugar and juice and grated rind of lemon; cook until creamy. Stir in gradually the stiffened beaten whites of the eggs. Serve cold.

HEAVENLY HASH.—One pint cream; twenty-five best marshmallows; twenty-five candied cherries; (or marischino cherries) one cup chopped pecan meats. Flavor to taste. Method: Whip cream stiff, cut marshmallows in four pieces, slice cherries, leaving a few to decorate the top. Mix marshmallows with cream and let stand an hour or more. Mix ingredients in at serving time, decorate top with cherries, serve very cold. Any other fruit may be added if desired. Candied pineapple or ginger or any goodies.

WHITE CHARLOTTE.—One quart cream to whip; whites of four eggs; one cup sugar; one-fourth cup orange juice; one teaspoon vanilla; one-half box of Knox Gelatine; one third cup cold water. Method: Whip cream, put gelatine in cold water for fifteen minutes. Beat eggs stiff, add sugar gradually, then orange juice and vanilla, add to cream with gelatine added; beat hard for one minute; turn into mold to jell and serve with angel food cake.

BANANA CUSTARD.—Take three bananas; peel, cut up, put in dish and sprinkle a little salt over them. Then pour the hot custard over them and let cool before serving. Custard: Take one and one-half cups milk or cream, one cup sugar, butter size of walnut. Put on stove and let get hot. Into this pour from one to three eggs beaten and let come to boil. This will serve six persons.

PINEAPPLE SPONGE.—One can grated pineapple; one pint water; one cup sugar. Cook twenty minutes. One box gelatine soak 25 minutes in one and one-half cups water. Add this to pineapple. Strain, set aside until slightly congealed then beat in whites of three eggs. Serve with cake.

VIRGINIA CHOW CHOW.—Three heads cabbage; one-half peck ripe tomatoes; one-fourth peck green tomatoes; one-half dozen onions; one tablespoon black pepper seed; one and one-half dozen red and green peppers; (seeds removed) two pounds brown sugar; one teacup grated horseradish; one ounce turmeric; one ounce celery seed; one tablespoon ground mustard. Chop all finely; add one pint of fine salt and let stand over night; then put in a wire basket to drain, after which put in kettle with spice; cover with vinegar and boil a few minutes.

PEACH PICKLES.—Take a quart of vinegar, weaken and sweeten to suit taste, add a dozen cloves, a dozen spice grains. Let come to a boil, drop in peeled firm peaches and allow them to get hot through, place in cans, cover with the juice and seal.

TOMATO RELISH—Grind in food chopper one peck green tomatoes; one-half peck ripe tomatoes; six large onions; three small heads of cabbage; one dozen green peppers; (with seed removed) sprinkle with salt and put in coarse bag, hang and let drain over night. Next morning put drained vegetables into a porcelain lined kettle and add two pounds sugar; one-half cup grated horseradish; one teaspoon black pepper; one tablespoon mustard; two tablespoons each white mustard seed, mace and celery seed. Cover with good cider vinegar and boil till clear. Seal hot in jars with tightly fitting covers.

STUFFED CUCUMBERS.—Take twelve cucumbers, cut a small piece from one end, remove seeds with spoon. Put in strong salt water over night. Chop fine three heads celery, six green tomatoes, one small cabbage and three bell peppers, add one-half cup of salt, cup of sugar and enough vinegar to mix together. Rinse cucumbers in fresh water and fill with mixture. Fasten tops on with toothpicks, put in jars and cover with boiling vinegar that is spiced and sweetened to suit taste.

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Chicken Shortcakes

- 2 cups flour
- 3 teaspoons Royal Baking Powder
- ½ teaspoon salt
- 4 tablespoons shortening
- ½ cup water
- 1 egg
- creamed chicken

Sift together flour, Royal Baking Powder and salt; add shortening and mix in thoroughly with steel fork; add water to beaten egg and add this liquid slowly to make a soft dough. Roll or pat out with hands on floured board to about one-half inch thick. Cut with very large biscuit cutter first dipped in flour or half fill large size greased muffin rings which have been placed on baking pan. Bake in hot oven (475°) 10 to 12 minutes. Split while hot, butter or not as desired, and fill with creamed chicken.

Royal Caraway Loaf

- 1 cup butter
- 1½ cups powdered sugar
- yolks of 5 eggs
- whites of 2 eggs
- 3 cups flour
- ¼ teaspoon salt
- 2½ teaspoons Royal Baking Powder
- ¾ cup milk
- 3 teaspoons caraway seeds
- 2 teaspoons rose water
- ½ teaspoon extract cinnamon

Beat butter until soft and creamy; add sugar and yolks of eggs, beating well. Stir in unbeaten whites of eggs and beat one minute. Sift flour with Royal Baking Powder and salt, adding alternately with milk. Sprinkle in the caraway seeds, beat well and add flavoring. Pour into well greased cake tin and bake 1 hour and 20 minutes, in moderate oven (325°).

(Use level measurements for all materials.)

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CAKES AND FILLINGS

CHOCOLATE CAKE.—Two and one-half cups granulated sugar; three-fourths cups butter; (cream these) yolks of five eggs, beat well and mix with the sugar and butter one and one-half cups sour milk; one teaspoon soda dissolved in a little warm water; three teaspoons vanilla; two and one-half cups flour before sifting. Beat the whites of five eggs to a stiff froth; three and one-half squares of Baker's Chocolate, put in last with eggs. Beat cake after flour is in, then fold in the whites. Use good sized cups to measure with.

ECONOMICAL CAKE.—Four eggs beaten separately and well, one and three-fourths cups sugar, one cup of butter, one cup milk, two and one-half cups flour, one and one-half teaspoons baking powder, bake in five layers. Filling: Two cups of sugar, one of sweet milk, boil until it "hairs." Beat until it begins to cool and thicken. Flavor, put in cake, then sprinkle with stoned raisins and chopped nuts mixed. Nice for Christmas.

POUND CAKE.—One pound flour, one pound sugar, one pound butter, ten eggs, two level teaspoons Royal Baking Powder. Method: Cream butter and sugar together well. Beat yolks very lightly and add to butter and sugar. Sift flour and powders together several times. Mix this into the egg mixture. Beat whites stiff and fold into batter; put into a greased pan and bake about an hour and one half or longer until it stops singing. Test with a straw.

TWO COLOR CAKE.—Whites of seven eggs, two cups of sugar, two-thirds cup butter, one cup milk, three cups flour, three teaspoonfuls Royal Baking powder. The chocolate part is made just the same, only use the yolks of eggs with one cup chocolate stirred in it. Bake in layers, the layers being light and dark, then spread a custard between.

CUSTARD FILLING.—Two eggs, pint of milk, one-half cup sugar, one tablespoon of flour or corn starch. When cool flavor with two teaspoons vanilla.

YELLOW CAKE WITH CHOCOLATE FILLING.—Three eggs, three-fourths cup butter, one and one-half cups sugar, three-fourths cup buttermilk, three-fourths teaspoon soda, two teaspoons Royal Baking Powder, two and three-fourths cups flour sifted three or four times with soda and Royal Baking Powder, cream butter and eggs, add eggs well beaten, then milk and flour, with one teaspoon vanilla flavoring.

LADY BALTIMORE CAKE.—Rub a cupful of butter to a cream with two cups of powdered sugar, add a cup of milk; when well mixed stir in juice of a lemon and whip very light; then stir in alternately the stiffened whites of six eggs and four even cups of flour sifted twice with a rounded teaspoon of Royal Baking Powder. Bake in jelly cake tins. When cold put together with this filling, and frost the top. Filling: Boil three cups of granulated sugar with a gill of water until a drop hanging from the tip of a spoon threads in the air. Pour while hot over the whites of three eggs whipped to a standing froth. Whip until you have a thick cream and stir in gradually a cup, each, of seeded minced raisins and chopped pecans, with five figs that have been soaked soft in lukewarm water, then wiped dry and minced.

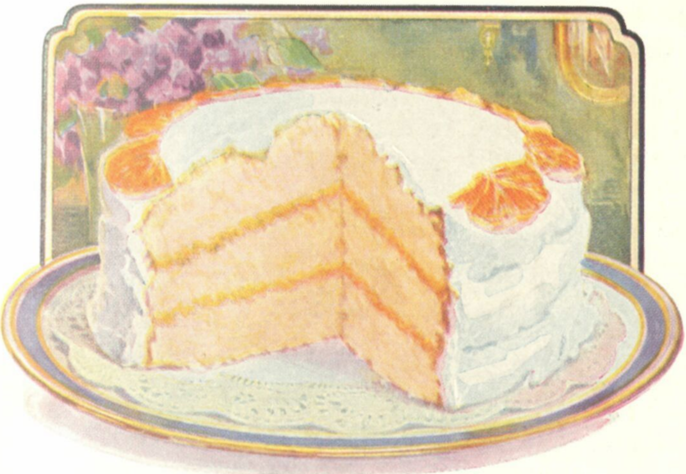
LEMON CHEESE FILLING.—One cup sugar, one-fourth cup corn starch, yolks of four eggs, juice of one or two lemons, rind of one if liked.

FILLING FOR CAKE.—One box of confectioner's sugar, two tablespoons heaping cocoa, butter the size of walnut, enough hot coffee to make the right consistency. Same cake can be used for a good lemon cheese by using just the whites of four eggs.

APPLE SAUCE CAKE.—Eggless, milkless. Cream one cup of sugar with one-half cup of butter, add one and one-half cups of apple sauce, one teaspoon cinnamon, one-half teaspoon cloves, one teaspoon allspice, one-fourth teaspoon salt, one cup of seeded raisins and three-fourths cup walnuts chopped. Then add two and one-fourth cups flour which has been sifted three times. Mix thoroughly. Mix one and one-half teaspoons Royal Baking Powder with two tablespoons of warm water and add this to the batter, again beating thoroughly. Lastly add one teaspoon almond extract. Put in loaf pan and bake one hour in a slow oven. Cover with icing and decorate with walnut halves. This cake is delicious and is better to let stand a few days.

WHITE CREAM CAKE.—One cup butter, two cups sugar, three cups flour sifted three times, two teaspoons Royal Baking Powder, one cup cream, whites of ten eggs beaten stiff, and vanilla to taste. Thoroughly cream together the butter and sugar, then add one-half the flour, next the cream, the remainder of the flour, then the eggs; flavor. Bake in layers and put together with marshmallow filling or any favorite white filling.

ILLINOIS LOAF CAKE.—Five eggs, two cups sugar, one cup butter, two teaspoons of Royal Baking Powder, three cups flour and one cup sweet milk; flavor with vanilla.



(See Recipe Other Side)

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ORANGE CAKE

½ cupful butter or substitute
1 cupful sugar
2 cupfuls Swans Down Cake Flour
3 teaspoonfuls baking powder
2 eggs
⅔ cupful milk
1 teaspoonful flavoring

Sift flour once before measuring.

Cream shortening, add sugar gradually. Add beaten egg yolks and beat hard. Sift flour, measure, add baking powder and sift again. Add alternately with milk to first mixture. Add flavoring. Fold in stiffly beaten egg whites. Bake in 2 layers or double recipe for 3 large layers, in moderately hot oven (375° F.). Put together with Orange Filling, and cover with Boiled Icing.

ORANGE FILLING

1 cupful sugar
5 tablespoonfuls Swans Down Cake Flour
Grated rind 1 orange
½ cupful orange juice
3 tablespoonfuls lemon juice
4 tablespoonfuls water
1 egg slightly beaten
2 teaspoonfuls butter

Mix ingredients in order given. Cook ten minutes in double boiler, stirring constantly. Cool before spreading.

DELICIOUS ONE-EGG CAKE

¼ cupful butter or substitute
⅔ cupful sugar
1 egg, well beaten
½ cupful milk
1½ cupfuls Igleheart's Swans Down Cake Flour
2 teaspoonfuls baking powder
½ teaspoonful vanilla

Cream the shortening; add gradually the sugar, beating hard, then the egg; sift flour and baking powder together; add alternately with the milk, a little at a time. Add vanilla. Bake in a shallow pan in a moderate oven about 30 minutes (350-375° F.). Ice as desired.

MARBLE ANGEL FOOD

11 egg whites (1¼ cupfuls)
¼ teaspoonful salt
1 teaspoonful cream of tartar
1 ¼ cupfuls sugar (sifted)

WHITE PART

½ Cupful Swans Down Cake Flour
½ teaspoonful vanilla

DARK PART

2 tablespoonfuls cocoa
6 tablespoonfuls Swans Down Cake Flour
¼ teaspoonful lemon extract

Add salt to egg whites and beat on a large platter until foamy, then add cream of tartar and beat until the whites are stiff but not dry. Fold the sugar in carefully, using one tablespoonful at a time. When all the sugar has been folded in, divide the egg mixture into two equal parts. To one part, fold in carefully ½ teaspoonful vanilla and ½ cupful Swans Down Cake Flour, which has been sifted four times. To the other part add the lemon extract, and the cocoa and 6 tablespoonfuls Swans Down Cake Flour which have been sifted together five times.

Put these two batters into Angel Food tin, alternating the white and dark. Bake one hour in a slow oven (275° to 325° F.).

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MARSHMALLOW FILLING.—One and one-half cups sugar, one-half cup boiling water, three egg whites, one-third pound marshmallows (30). Boil sugar and water until clear and thick. Pour over well beaten whites, stir in marshmallows until dissolved.

WHITE CAKE.—Cream one rounding cup of butter and two cups sugar. To four level cups of sifted flour add two level teaspoons Royal Baking Powder and sift together several times. Add one cup of sweet milk and flour alternately to butter and sugar. Then add the white of one egg and beat it thoroughly until well blended. Continue adding eggs in this way (one at a time) until seven have been added. Use any desired flavoring. this may be baked in a loaf or as a layer and use any filling you like.

FEATHER CAKE.—Two eggs, one cup sugar, one-half cup milk, one cup flour, one teaspoon Royal Baking Powder. Filling: One-half cup of sugar, juice of one lemon, one egg. Place sugar and juice of lemon in a pan and bring to a boil. Add well beaten egg gradually, boil until sufficiently thick.

WHITE LILY CAKE.—One cup sugar, one-half cup butter, whites of four eggs, one-half cup milk, two cups flour, two teaspoons Royal Baking Powder. Cream sugar and butter, add flour and baking powder sifted together alternately with milk. Beat whites of eggs very light and fold in. Bake in layers. For filling use nuts, raisins, figs or whatever may be preferred, in boiled icing.

DEVILS FOOD CAKE.—Two cups sugar, one-half cup butter, two eggs, one-half cake of Baker's Chocolate dissolved in one-half cup of boiling water; a little salt, one teaspoon of soda in half cup sour milk and three cups flour. Bake in loaf or layers.

WHITE LEMON CHEESE CAKE.—Whites of four eggs beaten stiff, one and one-half cups sugar, one-half cup butter, one cup sweet milk, two teaspoons Royal Baking Powder, flour enough to make moderately stiff batter. Bake in layers. Filling: Three-fourths cup of sugar, one tablespoon butter, pinch of salt, one half cup water, juice and rind of large lemon; yolks of four eggs.

ORANGE FILLING AND ICING.—Grate rind of two oranges, add three tablespoons of orange juice and one teaspoon lemon juice. Let stand fifteen minutes. Beat yolk of one egg, strain juices into it, add sifted confectioner's sugar until right consistency to spread. This is so easily made and delicious.

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DELICATE CAKE.—Three cups flour, two of sugar, three-fourths cup sweet milk, whites of six eggs, one-half cup butter, one teaspoon Royal Baking Powder. Filling: Whites of three eggs, two cups of sugar, one-half cup water; boil sugar and water until done; pour slowly over whites, beat until cold. Have ready one cup almonds and pecans. Cover each layer with icing, then sprinkle with nuts.

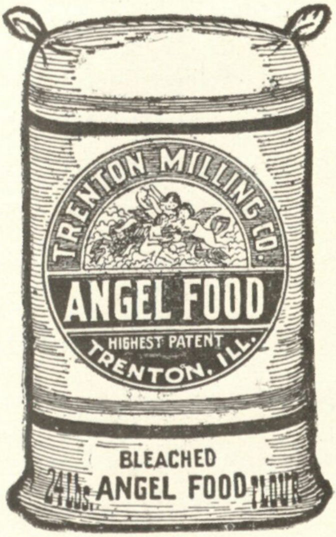
MY FAVORITE RECIPE.—One and one-half cups sugar, one-half cup butter, four egg whites, one cup water, three cups flour, three level teaspoons Royal Baking Powder, one-half teaspoon almond flavoring, one teaspoon vanilla flavoring. Cream sugar and butter until light. Sift the flour and Baking Powder together three times. Beat the whites of eggs until stiff. To the creamed butter and sugar, add alternately the cold water and the flour and beat three minutes ;add flavoring and mix well. Then add the beaten whites of eggs and stir thoroughly. Line three 8-inch pans with paper or brush with melted lard and dust with flour. Bake in moderately hot oven 30 to 35 minutes. Filling: Two cups sugar, two egg whites, one and three-fourths cups shelled pecans, three-fourths cups figs or dates. Wash and dry the raisins and figs, put them through food chopper. Put sugar on to boil with half cup of water, boil very slowly until it spins a thread without stirring. The whites of eggs are beaten until dry. Pour the boiled sugar (while hot) into the eggs very slowly, beating all the time. When thick add the fruit and nuts, saving a one-fourth cup of raisins to garnish top. Spread between and on top of cake after the cake is cold.

JELLY ROLL.—Three eggs, one cup of sugar, one cup of flour, one teaspoon of Royal Baking Powder, four tablespoons of sweet milk. Beat eggs light, add sugar, sift and fold in flour and baking powder together, add milk, bake fifteen minutes in hot oven, put on cloth, spread jelly and roll while hot. Use large square pan.

ANGEL FOOD CAKE.—Whites of eleven eggs, one and one-half cups granulated sugar, one cup flour before sifted, one teaspoon cream of tartar. Sift sugar three times, third time into the beaten eggs. Sift flour five times, the fifth time put in cream of tartar, then sift that into the eggs, and sugar; flavor to taste. Bake in layer pans, about twenty minutes, icing between layers and on top.

MOLASSES DROP CAKES.—One cup brown sugar, one cup molasses, butter size of egg, five cups flour, one cup cold water, two teaspoons soda.

For Better Baking---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IRISH POTATO CAKE.—Three-fourths cup butter, two and one-half cups sugar, three-fourths cup sweet milk, four eggs, (beaten separately) two cups flour, one cup mashed potatoes, (hot) one cup chocolate or cocoa, one cup English walnuts or pecans, two teaspoons Royal Baking Powder, pinch soda, two teaspoons each, nutmeg, cinnamon, cloves and vanilla extract. Mix in usual way, bake in three layers. For filling: cream one-half pound butter and confectioner's sugar until proper consistency to spread.

HARDING CAKE.—One and one-fourth cups sugar, one-half cup butter, two and one-half cups flour, one cup raisins, one-half teaspoon each nutmeg, cinnamon and ginger, three tablespoons molasses; fill balance of cup with sour milk and stir into milk and molasses one level teaspoon soda; bake in two layers. For filling use regular boiled icing, adding a cup of nut meats or chopped raisins. This cake can also be baked in a loaf and plain icing.

NUT CAKE.—One pound flour, one pound sugar, one-half pound butter, six eggs, one cup sweet milk, one teaspoon Royal Baking Powder, one grated nutmeg, one and one-half pounds raisins, one quart nuts, (pecans and walnuts). Cream butter and sugar, add well beaten eggs. Have dry ingredients sifted together, add alternating with milk. Dredge raisins and nuts with flour after these have been cut finely and add to batter last. Bake in loaf.

JAM CAKE.—Two cups sugar, four cups flour, one and one-half cups butter, six eggs, one teaspoon soda dissolved in one-half cup buttermilk, two cups jam, one teaspoon ground black pepper, one grated nutmeg, one ounce allspice, one ounce cinnamon. Bake in layers, using any preferred filling.

NEW CHOCOLATE FILLING.—Three cups sugar, one and one-half cups water, two squares chocolate, yolks of six eggs, one teaspoon vanilla. Melt chocolate. Boil sugar and water until it spins a thread; pour slowly over beaten eggs; when all is in add chocolate and vanilla. Beat constantly until creamy, put between layers and over top. Make the cake with the whites using yolks for filling.

CHOCOLATE ROCKS.—One cup butter and lard, two eggs, one cup sugar, two cups nuts, one cup raisins, one teaspoon soda in one-third cup of hot water; cocoa two teaspoons, one teaspoon spices. Work in flour till very stiff. Bake on buttered tin, dropped from spoon.

MOCHA FILLING.—Two cups confectioner's sugar, four heaping teaspoons cocoa, sifted together; two tablespoons melted butter, one teaspoon vanilla; add enough hot coffee to spread nicely.

CARAMEL FILLING.—One cup white sugar mixed with one cup dark brown sugar, cover with boiling water and let boil to a candy that will break against the cup when you try it in cold water, then add two tablespoons of sweet cream, one heaping teaspoon of butter. Beat until creamy and cool enough to spread. Flavor with vanilla.

WHITE LAYER CAKE.—One-half cup butter, one and one-fourth cups sugar, whites of four eggs, three and one-half cups sifted flour, three level teaspoons Royal Baking Powder; one-half teaspoon salt; one cup milk. Cream butter and sugar, then add milk and flour alternately. Sift baking powder in with flour. Use any desired flavoring and put together with any desired filling.

SPONGE CAKE.—Four eggs beaten separately, two scant cups sugar, two thirds cup boiling water, three cups sifted flour mixed with two teaspoons Royal Baking Powder. Bake in quick oven.

JAPANESE FRUIT CAKE.—Six eggs, four cups of flour, two cups sugar, one cup butter, three-fourths cup sweet milk or water, one-fourth pound citron, one pound raisins, two teaspoons Royal Baking Powder; one teaspoon cloves, cinnamon and spice. Bake in layers. Filling: Juice and grated rind of one lemon, one grated cocoanut, one-half cup sugar, one-half cup water, one teaspoon butter. Boil together the sugar, water, butter and lemon till thick, then add the cocoanut.

TEA CAKES.—One cup sugar, two eggs, one-half cup butter and lard mixed, one-half cup milk, two teaspoons Royal Baking Powder, one-fourth teaspoon soda, one teaspoon vanilla. Cream sugar and shortening well, then beat in eggs and add flour with baking powder in it.

DOUGHNUTS.—One and one-half cups granulated sugar, two eggs, one cup butter milk, one cup sour cream, one-half teaspoon grated nutmeg, pinch of salt, one teaspoon soda. Thoroughly mix, then add enough flour to roll out without sticking to fingers. Place in smoking hot pot. They may be rolled in powdered sugar after removing from hot pot. The recipe will make a large number.

FRUIT CAKE.—Two pounds raisins, one pound currants, one pound walnuts, one pound almonds, one-fourth pound citron, one-fourth pound lemon peel, one-fourth pound orange peel, one-half pound crystalized pineapple, one bottle of cherries, one-half pound butter, three and one-half cups sugar, one cup of black molasses, one pint of boiling sweet milk, one teaspoon of soda, six eggs, one-fourth teaspoon of salt, two teaspoons of cinnamon, two teaspoons of allspice, one teaspoon of cloves, one cup of grape juice. Wash currants and drain, cut raisins, almonds, lemon and orange peel; citron, cherries, walnuts and pineapple into small pieces with scissors; flour all fruits, mix well with the hands, add sugar, flour and spices, stirred well into fruits, add melted butter and put soda into boiling sweet milk and pour over fruits, add molasses, then one egg at a time until six are used, add salt and grape juice, (if dough is too stiff add more grapejuice) let dough stand over night, put into well greased pans and bake three or four hours in slow oven.

BLACK FRUIT CAKE.—One and one-fourth pounds of flour, one and one-fourth pounds sugar, one pound butter, fourteen eggs, three-fourths cup of Porto Rico molasses, three teaspoons of soda in one tablespoon of water, three tablespoons of cinnamon, three tablespoons allspice, one tablespoon mace, one tablespoon grated nutmeg, one teaspoon of cloves, one tablespoon of vanilla, one cup of Virginia Dare grape juice, six pounds raisins, two pounds currants, one and one-half pounds of citron, pound of dates, one pound almonds, one half pound crystalized cherries, one-half pound of candied orange and lemon peel mixed. Method: Prepare all fruits the day before, dredge with extra flour.. The raisins should be cut in half. The currants washed and dried. Almonds bleached, dried and chopped. All fruit cut into small pieces to suit the individual taste. The citron in thin slices about as large as the thumb. Make cake as any pound cake, add spices to flour, mix soda and water into the molasses and add to batter. When all ingredients are in, add the floured fruits, mix thoroughly and fill pans, leaving an inch or a little more for rising. Cook in a slow oven according to above directions.

RAISED DOUGHNUTS.—Three eggs, one cup sugar, one-third cup of butter, three pints of bread sponge, mix as soft as possible, let it rise. Mold again, have the bread board floured, put the dough on it, roll out half an inch thick and cut out. Let rise half an hour. Fry in deep hot lard.

OAT MEAL COOKIES.—One cup sugar, one-half cup lard, two eggs, all creamed together; three-fourths teaspoon soda, two scant cups flour; two cups Quaker Oats, one-half cup raisins, two teaspoons spices. Nuts can be added.

JAPANESE FILLING.—Juice and rind of two lemons; one cocoanut, grated; two cups sugar; one cup boiling water; one tablespoon of corn starch, dissolved in one-fourth cup cold water. Mix sugar, lemon juice, cocoanut and boiling water and cook together; when it begins to boil, add the corn starch and continue cooking until it drops in lumps from the spoon. Cook slightly, put dark and white layers together with filling.

POOR MAN'S FRUIT CAKE.|—One-half cup shortening, one cup sugar, one cup dried apple sauce unsweetened, strained and cold; one cup raisins, cut in half; two cups flour, one-half cup nut meats, one-half cup citron, one egg, one teaspoon cinnamon, one teaspoon of water, one-half teaspoon salt. Method: Cream sugar and shortening together, add egg. Sift spices and salt into flour. Use a portion of extra flour to dredge the fruits. Mix all together well and add soda last. Put into a greased paper lined pan, bake in a moderate oven 45 to 60 minutes. The nuts and citron may be left out if desired to make less expensive.

BOILED ICING.—Put in a saucepan two cups sugar, one-third cup water, boil until the syrup hairs when poured from a spoon. Then beat till stiff the whites of two eggs, and when syrup is done stir into the whites and beat until cool. Any kind of filling can be made from this by changing it while it is hot.

GINGER COOKIES.—One cup sugar, one cup of black molasses, one cup of butter and lard mixed, one cup boiling water, two teaspoons of soda, one teaspoon of ginger, one-half teaspoon of cinnamon. Flour enough to make a stiff dough. Mix sugar, shortening, molasses, ginger and cinnamon in a mixing bowl. Pour the cup of boiling water over soda and add to mixture. Knead into mixture enough flour to make dough stiff. Roll very thick and bake in hot oven. This recipe makes 100 cookies.

THREE EGG ANGEL CAKE.—One cup sugar, one and one-third cups flour, one-half teaspoon cream of tartar, three teaspoons Royal Baking Powder, one-third teaspoon salt, two-thirds cup scalded milk, one teaspoon almond or vanilla, whites of three eggs. Mix and sift first five ingredients four times. Add milk very slowly, while still hot, beating continually; add vanilla; mix well and fold in whites of eggs beaten until light. Turn into greased angel cake tin and bake in very slow oven about 45 minutes. Remove from oven, invert pan and allow to stand until cold. Cover top and sides with the following icing: White Icing—One and one-half cups confectioner's sugar, two tablespoons hot milk, one-half teaspoon butter, one-half teaspoon vanilla. Add butter to hot milk; add sugar slowly to make right consistency to spread; add vanilla. Spread on top and sides of cake.

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CONFECTIONS

DIVINITY.—Two cups of sugar, two-thirds cup of White Karo Syrup, one-third cup of water, white of one egg. Beat stiff the white of egg. Mix sugar and water and cook until the syrup will make a hard ball when tested in water. Then slowly pour the syrup over the beaten egg, beating constantly. Stir until it becomes thick and creamy, then drop in pieces on a buttered surface. Flavoring and chopped nuts may be used if desired.

DIVINITY FUDGE.—Two cups sugar, one-half cup Karo Syrup, one-half cup water, whites of two eggs, one cup broken walnuts. Mix sugar, syrup and water and boil until when dropped in cold water mixture will form a firm ball between the fingers. Beat the eggs stiff. Pour half the boiling mixture over the eggs, beating constantly. Return the remaining half of mixture to stove and boil until when dropped in cold water it forms a hard ball. Then remove from stove and pour slowly into the first half, beating constantly. Add walnuts and vanilla, pour into a buttered pan, and cut in squares.

CHOCOLATE CREAMS.—One egg white, an equal amount of cold water, one teaspoon vanilla, sifted confectioner's sugar, add water and vanilla to egg white. Beat thoroughly. Add enough confectioner's sugar to make stiff dough. Mold into balls. Put on oiled paper in cool place to harden. Melt one and one-half squares of unsweetened chocolate. Dip ball in chocolate using two forks. Place again on oiled paper to harden.

CHOCOLATE NUT FUDGE.—Two cups sugar, one cup cream, two squares chocolate, one tablespoon butter, one-half tablespoon vanilla, one-half cup walnuts. Cook milk, sugar and chocolate in pan stirring constantly, until a little forms a soft ball when tried in cold water. Add butter and remove from fire. Let stand until nearly cold, then add vanilla and then nuts and beat until it begins to thicken and wrinkle at edge of pan. Spread quickly on buttered pan; cool and cut in one and one-half inch squares.

ICE CREAM CANDY.—Three cups sugar, one-fourth teaspoon cream of tartar, one-half cup of hot water, one-half tablespoon vinegar. Boil ingredients together, without stirring until mixture becomes brittle when tried in cold water. Turn on buttered plates. As edges cool, fold them toward the center. When sufficiently cool to handle, pull until white and glossy. When pulling flavor with vanilla, orange, chocolate or any preferred flavoring. Cut with scissors or a sharp knife.

SUGARLESS CANDY.—One cup molasses, one cup of milk, let come to a boil, then mix one-half cup of cocoa with a little of the boiling milk and molasses and add to mixture. Continue boiling until a brittle sound, adding one heaping tablespoon of butter. Do not stir but cook on a slow fire. When done, pour in buttered pan and cut in squares.

CHOCOLATE FUDGE.—Three cups sugar, two squares chocolate, one-half cup milk, butter size of an egg, two tablespoons molasses. Mix ingredients and boil six minutes, stirring constantly. Remove from the stove, add one teaspoon vanilla and beat until it begins to grain. Pour in buttered tins and cut into squares when sufficiently cool.

CHOCOLATE FUDGE.—"Best in the world." Four cups sugar; three-fourths cup karo syrup, 1 cup sweet milk, cocoa enough to make brown. Cook until a soft ball can be made after dipped in cold water. When done add one-fourth pound butter, pinch of salt, flavor and beat until creamy, pour on dish, cut in squares when cold.

PEANUT BUTTER FUDGE.—Two cups powdered sugar, one-half cup milk, two heaping tablespoons peanut butter. Mix ingredients and place over flame. When it begins to boil vigorously, cook five minutes. Beat, pour in buttered pan, and cut in squares.

FRENCH SANDWICHES.—Put through the meat grinder one large bottle of stuffed olives, one firm head of lettuce (dried before) two hard boiled eggs or egg yolks, (boiled). Moisten with mayonnaise dressing to a paste and spread upon bread without butter.

BISCUIT SANDWICHES.—Two cups flour, one teaspoon Royal Baking Powder, two tablespoons shortening, one-half teaspoon salt, three-fourths cup milk. Sift together flour, baking powder, salt; add shortening; rub it in very lightly; add liquid slowly, roll on floured board to about one-half inch thick, (handle little as possible) cut out biscuits. Bake in quick oven fifteen or twenty minutes. When cold, split, butter and fill as desired.

CHOCOLATE CREAM CANDY.—Two cups sugar, one-third cup milk, one tablespoon butter, two squares chocolate, one teaspoon vanilla. Put butter into granite saucepan, when melted add sugar and milk. Heat to boiling point, then add chocolate and stir until melted. Boil thirteen minutes, remove from fire, add vanilla and beat until creamy and mixture begins to sugar slightly around edge of saucepan. Pour at once into a buttered pan, cool slightly and mark in squares. Omit vanilla if desired and add while cooking, one-fourth teaspoon cinnamon.

MOLASSES CANDY.—Two cups molasses, one cup sugar, one tablespoon vinegar, butter size of a walnut. Boil ingredients together until mixture will become brittle when dropped in cold water. Remove from fire, stir in one-third teaspoon baking soda, cool in buttered pan sufficiently to pull. Pull and cut, using scissors or a sharp knife.

SANDWICH FILLINGS.—Raisin or nut bread and pot cheese; baked beans and salad dressing; chopped meats moistened with gravy; eggs chopped and cream dressing; grated cheese and salad dressing; jelly and butter; dates and chopped nuts; figs and lemon juice; lettuce and salad dressing.

CHEESE SANDWICHES.—Grate a cup of cheese, add one half cup of chopped nut meats and mayonnaise to make paste, spread between slices of bread and cut with biscuit cutter.

CHEESE AND PIMENTO SANDWICHES.—Put contents of one can pimentoes and one-fourth pound cheese through food chopper; add one-half teaspoon salt. Spread mayonnaise on thin slices of bread, then the mixture and cut in triangles.

FILLING FOR SANDWICHES.—Two cups cooked ham, cut or ground fine, two hard boiled eggs, chopped fine; one cup celery, chopped fine; onion (very little) chopped fine; pepper to taste. Mix with good mayonnaise and spread generously on thin slices of buttered bread.

RIBBON SANDWICHES.—Cut crusts off all sides of a loaf each of white and brown bread. Cut the bread in slices one-half an inch thick lengthwise the loaf. Spread white slice with a mixture of ground olives and mayonnaise; put on slice of brown bread and spread this with a mixture of pimentoes and cheese; on top put a slice of white bread. Cut as you would layer cake.

FRENCH DAINTIES.—Four level tablespoonfuls Knox Acidulated Gelatine, one and one-half cups boiling water, four cups granulated sugar, one cup cold water. Soak gelatine in the cold water ten minutes. Place sugar and boiling water on fire and when sugar is dissolved add the soaked gelatine and boil slowly fifteen minutes. Remove from fire and divide into two equal parts. To the one part add one-half teaspoonful of the Lemon Flavoring found in separate envelope and two teaspoonfuls lemon extract. To the other part add one-quarter teaspoonful Lemon Flavoring and one-teaspoonful extract of cinnamon, cloves or whatever flavor preferred. If peppermint is desired use one-half teaspoonful only. Any coloring desired may be added. Pour into bread tins, which have been dipped in cold water, to the depth of three-fourths inch, and let stand over night. Turn out, cut in squares and roll in powdered or fine granulated sugar.

CHEESE

CREAMED CHEESE.—Place two tablespoons water and butter size of a walnut in pan. While heating slice one-fourth pound of cheese in small pieces and put in pan with three eggs; teaspoon sugar; salt to taste. (pepper) if desired). Stir constantly until smooth like cream. Cheese prepared in this manner, with water, stays creamy and soft.

SCALLOPED CHEESE.—Two slices of bread, one-half pound cheese, one teaspoon butter, one egg or more, one cup sweet milk, salt. Place bread in baking dish and crumble cheese over it. Beat egg, milk and salt and pour over cheese and bread. Over the top place pieces of butter, cook in moderately hot oven until cheese has melted and browned on top. Serve in baking dish.

CHEESE RAMKINS.—Take very light puff paste and roll it out evenly. Then grate over it Parmesan cheese, or any other kind having a good flavor. Fold the paste in three, roll it out again and grate more cheese over it; fold the paste, roll it out and cut in any shape desired. The ramkins must be baked with a quick heat. Fifteen minutes is sufficient to cook them. Dish on a hot napkin and serve at once. The ramkins look much nicer if brushed over with yolk of egg before putting them in the oven.

CHEESE STRAWS.—Two cups flour, one cup grated cheese, butter the size of an egg, one teaspoon salt, one-eighth teaspoon cayenne pepper. Ice cold water to make a very stiff dry dough. Method: Mix salt, pepper and butter into the flour, add cheese and mix with the ice water. Cover and place in ice box for thirty minutes, roll out, fold and roll again. Repeat this four times. Roll out to one-fourth inch thickness, cut in one-fourth inch strips about four inches long, place on baking sheet, bake in moderate oven until a light crisp brown.

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PRESERVES

BLACKBERRY JAM.—Two quarts of berries cooked, two quarts of apples cooked and run through colander. Then add two quarts sugar. Cook slow for fifty minutes.

GRAPEFRUIT MARMALADE.—Three grapefruit, three oranges, three lemons. Method: Cut fruit and remove the seed, being careful to save all the juices. Put through the food chopper. Measure. To one pint of fruit, put three pints of cold water and let stand over night. Next morning put on fire and bring to a boil and boil ten minutes. Let stand over night again. Next morning measure fruit and for one pint of fruit mixture put one pint of sugar, cook until it jells, making the same as jelly. This will make about twenty glasses. I find I succeed better to cook in two or three portions than all at once.

ORANGE PEEL PRESERVES.—Cook the peel till the bitter taste is out, then slice in strips. Boil in clear water till tender. Make a syrup using a pound and one-fourth of sugar to a pound of fruit, add fruit to the syrup and boil till clear.

MISCELLANEOUS

SWEDISH TIMBALES.—Three-fourths cup bread flour, one-half teaspoon salt, one teaspoon sugar, one-half cup milk, one egg, one tablespoon oil. Sift the ingredients, add milk gradually, and beaten egg; then add the oil. Put the mixture into a cup. Heat the timbale iron in fat which is hot enough to brown a cube of bread in one minute. The fat should be deep enough to cover the iron. When hot, dip the iron three-quarters into the batter and then into the hot fat. Cook until a delicate brown; remove from the fire and drain in unglazed paper.

SOUTHERN PECAN LOAF.—One cup bread crumbs, one cup pecan meats, one cup boiled rice, two tablespoons melted butter, two egg yolks or one whole egg, one cup milk, one teaspoon salt, one-fourth teaspoon pepper, one-third teaspoon paprika. Mix the crumbs, rice and nuts (broken in small pieces) and add the other ingredients. Pour into a greased mold and bake about an hour. Turn out on a hot platter and serve with or without a sauce.

LEFT-OVER CEREAL.—Put cereal into a wet mold—baking powder can, cocoa can or small bread tin. When cold cut in slices about one-half inch thick. Dip each slice in flour and arrange on a shallow greased baking pan. Dot over the butter-substitute or drippings and bake until light brown. Sprinkle with grated or finely cut cheese and put a small strip of bacon on each piece. Return to oven until bacon is cooked. Another good recipe is made by following directions for arranging cereal in baking pan and when light brown spread each piece with stewed tomatoes, tomato sauce or white sauce; sprinkle with cheese and bacon and continue as above. Either of these dishes will serve as the main course of luncheon.

JACK O'LANTERN CANAPES.—Cut stale bread with a round cutter and toast it on both sides. Spread one side with butter and then spread over the butter grated American cheese as yellow as can be had. Make two eyes, nose and a mouth like a Jack o'Lantern, using pimento, stuffed olives or caviar. Serve as the first course.

SCALLOPED RICE, TOMATOES AND CHEESE.—Two cups boiled rice, five good-sized tomatoes sliced or two cups canned tomatoes, salt, two tablespoons butter, two-thirds cup cheese; (grated) pepper, onion salt or juice. Arrange rice, butter, tomatoes, cheese and seasonings in alternate layers.

HOMINY AND CHEESE CROQUETTES. Two cups cooked hominy, one-fourth pound or one cup chopped cheese, salt, paprika, onion juice, two tablespoons butter, three tablespoons flour, one cup tomato juice and pulp; one egg. Make a sauce of the butter, flour, tomato juice and seasoning; add cheese, hominy and well beaten egg. Shape as croquettes, roll in cracker dust and fry in deep hot fat until a golden brown.

VEGETABLE OMELET—A cup of any kind of left-over vegetables. Brown them in a little butter for three minutes. Make a two-egg omelet and, just before folding, spread the vegetables over one side of the omelet.

APPLE NINETTE.—Peel and score some sour apples, cook in light syrup, drain and put away to get cold. Fill the hollow apple with the jelly, pour over some vanilla cream sauce and strew over with pulverized macaroons.

CHEESE TOAST.—Toast bread. Sprinkle generously with grated cheese. Add paprika and salt. Heat in oven until cheese is melted.

BAKED APPLES A LA MANHATTAN.—Wipe and core 6 apples, being careful not to take the bottom of the apple out when coring. Score the skin four or five times to make an outlet for the steam when baking. Fill each apple with four raisins and two dates and one-half teaspoon butter and two teaspoons sugar. Bake in a hot oven, basting often with boiling water. Serve with hot buttered toast or crackers.

SWEET POTATOES WITH SAUSAGE MEAT.—Half steam medium-sized sweet potatoes, remove the skins and the tops, hollow out the potatoes and fill them with sausage meat. Put on the "lids" and bake until the potatoes are tender, and the sausage done, about thirty minutes. Baste occasionally with the sausage fat, which will trickle out, and serve as the substantial dish at luncheon or dinner.

MEAT LOAF FROM CANNED BEEF.—Mix together thoroughly the following: One pound can of roast beef, chopped fine, one teaspoon salt, one-eighth of a teaspoon pepper, one teaspoon of minced onion, one tablespoon of catsup, one cup of bread crumbs, not too stale, three tablespoons of melted butter, one-half cup of stock or hot water and one egg. Add more salt if necessary. Shape into a loaf or pack into a greased bread pan. Bake in a moderate oven about thirty minutes.

MEAT SHORTCAKE.—Make a crust, using the following ingredients: two cups flour, four teaspoons Royal Baking Powder, five tablespoons fat, two-thirds cup milk, one-half teaspoon salt. Bake in round tin, split, fill with finely chopped meat, moistened with gravy, stock or milk and well seasoned. Put more meat on top and garnish with parsley. Serve hot.

CANAPES.—Cut stale bread in slices one inch thick. These may be made in any shapes that are preferred—stars, rounds, crescents or simply cut out with cookie cutter. For the Christmas table, stars are appropriate. When cut, fry in smoking hot fat to a golden brown, remove at once from the fat and drain on paper. The points of the stars may be covered with anything desired. One point may have chopped olives or capers, the next chopped whites of hard cooked eggs, the next sieved hard cooked yolks of eggs, and chopped pickles. The center may have small pieces of sardines. These canapes are served on lace doilies on small plates.

STRAWBERRY SHORTCAKE.—Two cups flour, four teaspoons Royal Baking Powder, one-half teaspoon salt, two teaspoons sugar, three-fourths cup milk, one-fourth cup butter. Mix dry ingredients and sift twice; work in butter and add milk gradually. Toss on a floured board and divide in two parts. Roll out and place in buttered Washington pie tins and bake twelve minutes over a high flame. Split and spread with butter. Allow from one to one and one-half boxes of strawberries to each cake. Sweeten the berries to taste, place on back of stove until warmed, crush slightly and put between and on top of shortcake. Serve with or without whipped cream.

TURKEY OR GUINEA HEN STUFFING.—Blanch and boil chestnuts until tender; put them through a meat chopper or through a ricer. There should be two cups. Four tablespoons fat, two teaspoons poultry seasoning, one-fourth teaspoon pepper, one teaspoon salt, two cups bread crumbs; milk or water to moisten. Mix the seasoning with the bread crumbs; melt the fat and stir in the bread. Add the nuts and moisten.

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HOUSEHOLD HINTS

When coat hangers are scarce, roll a newspaper and suspend by a cord around the center.

FOR BROKEN CHINA.—Melt a little alum in an old spoon and rub over pieces to be united. Press together and leave to harden.

FOR BROKEN CHINA.—A cement may be made of lime, mixed with white of an egg. Only sufficient white of egg to mend one article at a time. Mix thoroughly with small quantity of lime and apply to place where article is broken. The cement will set and become quite hard in a short time.

Iodine stains may be removed from fabrics by dampening spot, cover with salt an hour, and washing as usual.

Silverware may be cleaned by being boiled in soap suds, in an old aluminum vessel, or in any vessel, if a piece of aluminum is placed in water with silver.

Beeswax, salt, or a sprig of cedar will make a flat-iron quite clean and smooth. When the iron is hot rub it on either of them and get the desired result.

Onions, when cut, quickly absorb impurities in the air, and therefore act as disinfectants. But the impurities taken up, make them unfit for food, so a cut onion should be used at once or thrown away.

Paint may be removed from a window with hot vinegar. The same will soften paint brushes which have become hardened.

To make the family shoes last longer give the soles two coats of varnish—any kind will do. This also keeps dampness from striking through.

Shirts that have soft, folded cuffs, may be worn longer if cuffs, when worn or old, are ripped off, turned over and sewed on again, making the cuffs appear new.

To remove a cork that has dropped into a bottle, thread a button on a strong string and drop it into the bottle. With a hatpin draw the cork up to the bottle neck, then pull the string attached to button.

When cooking pumpkin in pies, you will find that baked like a sweet potato it will make pies superior in both flavor and consistency to those made from stewed pumpkin which is usually watery.

If soot is spilled on the carpet in putting up or taking down stoves, it may be swept up without leaving any smears, if it is covered with coarse salt.

Instead of suspending sash curtains from a rod or wire, try narrow white elastic. Cut elastic about three inches shorter than the width of the window; sew a loop of tape to each end for slipping over hooks.

Hard boiled eggs should be thrown into cold water as soon as they are taken from the pot, to prevent the yellow from turning dark and cause the shell to be easily removed.

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2 cups Light Brown Sugar
½ cup Karo, Red Label
½ pound Nuts
1½ cups Milk
1 tablespoon Mazola
¼ teaspoon Salt
1 teaspoon Vanilla

Mix brown and white sugar thoroughly, add Karo, milk, Mazola and salt. Cook until it forms a soft ball when dropped in cold water. Remove from fire, add flavoring, and let stand until cool. Beat until creamy, pour into pan oiled with Mazola and cut in squares.

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